



OUTRAM SECONDARY SCHOOL

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POSTIVE PARENTING PROGRAMME (TRIPLE P)

Dear Parents

The Positive Parenting Programme (Triple P) is a scientifically researched family support strategy. Triple P works by giving parents the positive parenting skills to raise confident, competent children, and to build stronger family relationships.

We are pleased to invite you to attend the Triple P Level 2 Seminars, free of charge. The programme gives parents simple and practical strategies you can adapt to suit your own values, beliefs and needs. Triple P can help you to encourage behaviour you like, deal with problem behaviour, become confident as a parent, be realistic about parenting, and take care of yourself. More programme details can be found in the enclosed e-flyer.

There are three seminars in the Triple P Series, dealing with the most common parenting issues we all face. The seminars last around 90 minutes, with time at the end for questions.

Parenting Seminars (English)	Date	Time
Raising Responsible Teenagers	12 November 2021 (Fri)	7pm to 8.30pm
Raising Competent Teenagers	19 November 2021 (Fri)	7pm to 8.30pm
Getting Teenagers Connected	26 November 2021 (Fri)	7pm to 8.30pm

In view of the COVID-19 situation, to keep you and your children safe, the seminars will be conducted via an online platform.

Register your interest to attend the seminars via the following link:



<https://bit.ly/MFCTeenParentingNov>

Registration is required for security, and only registered participants will be admitted into the seminar. The link will be shared with registered parents nearer to the seminar date.

For further queries, feel free to reach out to Montfort Care, our Parenting Support Provider, via the contact details below.

Montfort Care Parenting Support Programme

Contact number: 6270 8327

Email: parenting@montfortcare.org.sg

Website: <https://mfcparenting.wixsite.com/mfcparenting/more-info>