

Small changes, big differences.



Take the guesswork out of parenting teens...

FREE Teen Triple P Seminars For parents of 10-14 year olds

Join us for a lively, interactive discussion about the joys & challenges of raising teens. You'll also pick up a few new tips to add to your parenting toolbox.

Register here:

[Getting Teenagers Connected](#) Help your teenager develop healthy friendships.

October 4, 2018 – 6:30pm – Leeds, Grenville & Lanark District Health Unit, Smiths Falls

[Raising Responsible Teenagers](#) Find out what makes teenagers tick.

November 8, 2018 – 6:30pm – Leeds, Grenville & Lanark District Health Unit, Smiths Falls

[Raising Competent Teenagers](#) Help your teen get the most out of their school years.

December 6, 2018 – 6:30pm – Leeds, Grenville & Lanark District Health Unit, Smiths Falls

Or contact Lianne Arndt at 1-800-660-5853

www.triplep-parenting.ca