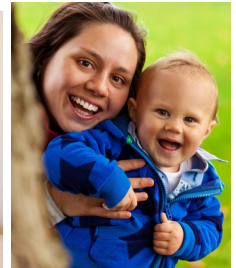
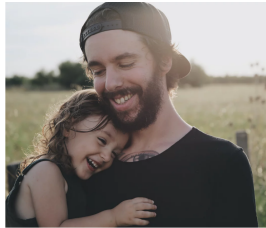


School newsletter or Eblast

To the mom hiding in the bathroom, with tears rolling down her cheeks. To the dad who has lost his patience and is yelling at the kids again. To the parents who feel alone, raising kids can be hard, challenging and messy. You are not alone! Triple P Positive Parenting programs can help. Call Health Connection at 1-877-721-7520 for one-on-one support over the phone, choose a group session close to home or an online course. Check out www.triplep-parenting.ca.

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Social Media/Remind App:

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For more than one opportunity to refer/support parents:

Triple P Positive Parenting for every parent! Find out more at www.triplep-parenting.ca

Triple P can help. Call Health Connection for support at 1-877-721-7520. Find a group session or an online course www.triplep-parenting.ca

Triple P on the phone. Call Health Connection for one on one support at 1-877-721-7520