

# Experience the Power of Positive Parenting An Evening for Parents of Children and Teens



**February 21 and 22, 2012 ~ 7 - 9 pm**

Experience the power of positive parenting. In about 90 minutes, these seminars will leave you feeling more confident, competent and ready to deal with common child and teen behavioural and emotional issues.

Join Dr. Matt Sanders, child behaviour expert, founder of Triple P and a Professor of Clinical Psychology and Director of the Parenting and Family Support Centre at The University of Queensland in Australia. Dr. Sanders also hosted the wildly popular British television show "Driving Mum and Dad Mad", a series that followed the real experiences of families using the Triple P group program.

### **Raising Resilient Children (0 - 12 years) February 21, 2012 - 7 - 9 p.m.**

A child's emotional resilience, or ability to cope with their feelings is important to long-term happiness, well-being, and success in life. Learn about how to promote the six key resiliency skills within your child by attending this seminar.

### **Raising Responsible Teenagers (11-16 years) February 22, 2012 - 7 - 9 p.m.**

This seminar helps parents learn how to encourage teenagers to develop the skills they need to become independent and responsible through taking part in family decision making, being respectful and considerate, being involved in family activities, developing a healthy lifestyle, being reliable, and being assertive.

### **Who Should Attend**

- Parents and Caregivers of children and teens
- Professionals who work with parents and caregivers

### **Attend via live webcast or in person**

Both events will be available via live webcast. All you need is a computer, speakers and high-speed internet. Leave the rest to us. The seminars will also be held in Edmonton at the Radisson Hotel and Conference Centre at 4440 Gateway Boulevard. Free, underground, heated parking is available.

### **Registration**

**THERE IS NO FEE TO ATTEND**, but registration is required. Go to: [www.research4children.com](http://www.research4children.com). Click on the "Events" tab located across the top of the screen. Then, go to the left-hand column of the "Events" page and you will find - Triple P Events. Links to registration forms are available on that page. You will be e-mailed all of the webcast information making it easy and simple to connect the night of the seminar.

**Questions?** E-mail Aimee Caster at [acaster@research4children.com](mailto:acaster@research4children.com) or call 780-944-8636.

*This event is sponsored by Alberta Human Services and Alberta Education.*

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