

FREE PARENTING SEMINAR



Help your kids cope with life's ups and downs...including when they're online

Like to give your kids the skills and strategies they need to manage emotions, overcome challenges, and handle cyberbullying? Triple P's *Raising Resilient Children (Focus on Cyberbullying)* seminar can really help. Develop your child's ability to cope with problems, now and in the future, face-to-face and in cyberspace. This 1-hour online seminar is FREE in Queensland and is packed with ideas to help take the drama out of family life so you can deal with issues calmly and confidently.

The Raising Resilient Children (Focus on Cyberbullying) seminar can help you:

- ◆ Problem-solve with your children how to stay safe and manage risks online
- ◆ Support your child's ability to manage emotional ups and downs
- ◆ Manage screen time and set age-appropriate boundaries
- ◆ Know what actions to take if your child is being bullied online
- ◆ Help your child cope with stress and setbacks and stay positive

**Register for your FREE online parenting seminar:
Raising Resilient Children (Focus on Cyberbullying)**

Proudly hosted by

**Book your free place now at
www.triplep-parenting.net**

