

# Triple P

# Discussion Groups



Join FRN Staff and other parents to learn strategies to use in the situations below.

**July 17**

Hassle-free mealtimes

**July 31**

Managing fighting and aggression

**August 14**

Hassle-free shopping with children

**August 28**

Developing good bedtime routines

**REGISTER:**



403-689-1403



[SWFRN@growwithtrellis.ca](mailto:SWFRN@growwithtrellis.ca)

**12:00-  
1:00PM**

**ONLINE**