



TRIPLE P, POSITIVE PARENTING PROGRAM

RAISING RESILIENT CHILDREN

**MONDAY, MARCH 18, 2024
6-7:30PM**

**LAKE COUNTRY ACADEMY
4101 TECHNOLOGY PKWY,
SHEBOYGAN, WI 53083**

ONE OF THE MOST IMPORTANT TASKS OF PARENTHOOD IS HELPING CHILDREN LEARN TO COPE WITH THEIR EMOTIONS. THIS SEMINAR WILL EQUIP YOU AS A PARENT TO LEARN HOW TO HELP YOUR CHILD BECOME RESILIENT WHEN FACING STRESSFUL LIFE EVENTS. THESE SKILLS INCLUDE: RECOGNIZING AND ACCEPTING FEELINGS, EXPRESSING FEELINGS APPROPRIATELY, BUILDING A POSITIVE OUTLOOK, DEVELOPING COPING SKILLS, DEALING WITH NEGATIVE FEELINGS, AND DEALING WITH STRESSFUL LIFE EVENTS.



REGISTER BY MARCH 11, 2024 AT:
FRC: (920) 892-6706, SCAN THE CODE OR ONLINE:

[HTTPS://FAMILYRESOURCESHEBOYGAN.ORG/EVENTS/](https://familyresourcesheboygan.org/events/)



THIS IS NOT A SCHOOL-SPONSORED ACTIVITY AND THE SHEBOYGAN AREA SCHOOL DISTRICT DOES NOT APPROVE, SUPPORT, OR ENDORSE THIS PROGRAM/ACTIVITY.