



Free Parenting Seminars

Are you parenting a Primary School aged child?

Are you struggling with your children's use of devices?

Is your child anxious and you would like some tips to support them?

Would you like strategies to build your child's self-esteem?

Each family that participates will receive a \$50 Booktopia and each seminar comes with a showbag

Join us for our online seminars including the following topics:

- Screen time and devices
- Anxious Children and Fears
- Building Self Esteem

Topic	Date	Time
Screen time	Feb 22 nd	11:30am
Fears	March 8 th	11:30am
Self Esteem	March 22 nd	11:30am

Sign up to one or all three!

All sessions will be held on Zoom

For bookings: contact the Triple P Team on 03 9450 4700 or email us at triplep@berrystreet.org.au