



TRIPLE-P “POSITIVE PARENTING PROGRAM” SEMINAR SERIES

2018



Two Hour “Lunch & Learn” Seminars

INFANTS TO 12 YEARS OLD

Attending all seminars is recommended!

Thursdays 1100-1300 · Bldg 799A – Room 105 (Behind Bldg 40) Brewster Blvd., Camp Lejeune

Seminar 1	11 Jan	8 Feb	8 Mar	12 Apr	10 May	7 Jun	9 Aug	13 Sep	11 Oct	1 Nov	6 Dec
Seminar 2	18 Jan	15 Feb	15 Mar	19 Apr	17 May	14 Jun	16 Aug	20 Sep	18 Oct	8 Nov	13 Dec
Seminar 3	25 Jan	22 Feb	22 Mar	26 Apr	24 May	21 Jun	23 Aug	27 Sep	25 Oct	15 Nov	20 Dec

Seminar 1

The Power of Positive Parenting

- What is positive parenting?
- Five key principles of positive parenting
- Fulfilling our hopes and dreams
- Some realities of being a parent
- Understanding children’s behavior: the tough part of parenting

Seminar 2

Raising Confident and Competent Children

- Getting off to a good start
- Building blocks for success
- Develop children’s confidence
- Help children reach their full potential

Seminar 3

Raising Resilient Children

- Emotional resilience in children
- Building blocks for success
- Develop social skills to enhance relationships
- Develop tolerance and compassion
- Guide to coping with life experiences
- Prevention of emotional problems

12-17 YEARS OLD

0830-1530 · Bldg 797 Room 5, Brewster Blvd., Camp Lejeune

26 Feb

1 Jun

2 Nov

KEY FAMILY KEY COMMUNITY
KEY SCHOOL

3 Key areas interact to shape teenagers into mature adults

Raising Responsible Teenagers

- Today’s teenagers
- Our hopes and dreams
- Six ingredients for raising responsible teenagers
- Have positive family relationships and a healthy lifestyle
- Be successful in school and at work
- Be positively connected in the wider community

Raising Competent Teenagers

- Today’s teenagers
- Our hopes and dreams
- Six ingredients for raising competent teenagers
- Managing the move toward independence
- Understanding how well-behaved children can become badly behaved teenagers
- Understanding peer pressure and puberty
- Preparing children to leave home

Getting Teenagers Connected

- Today’s teenagers
- Our hopes and dreams
- Six ingredients for helping teenagers get connected
- Promoting self-esteem
- Promoting success and a sense of optimism
- Helps to develop a sense of personal integrity
- Protection against peer pressure
- Protection against depression and hopelessness



Call Jill Campbell at 910-451-3536 for information.

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