## TRIPLE-P “POSITIVE PARENTING PROGRAM” SEMINAR SERIES 2018

### Two Hour “Lunch & Learn” Seminars

**INFANTS TO 12 YEARS OLD**

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

<table>
<thead>
<tr>
<th>Seminar 1</th>
<th>11 Jan</th>
<th>8 Feb</th>
<th>8 Mar</th>
<th>12 Apr</th>
<th>10 May</th>
<th>7 Jun</th>
<th>9 Aug</th>
<th>13 Sep</th>
<th>11 Oct</th>
<th>1 Nov</th>
<th>6 Dec</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seminar 2</td>
<td>18 Jan</td>
<td>15 Feb</td>
<td>15 Mar</td>
<td>19 Apr</td>
<td>17 May</td>
<td>14 Jun</td>
<td>16 Aug</td>
<td>20 Sep</td>
<td>18 Oct</td>
<td>8 Nov</td>
<td>13 Dec</td>
</tr>
</tbody>
</table>

**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**

<table>
<thead>
<tr>
<th>Seminar 1</th>
<th>26 Feb</th>
<th>1 Jun</th>
<th>2 Nov</th>
</tr>
</thead>
</table>

**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.

**Sponsored by:**

https://mccslejeune-newriver.com/fap

MCCS encourages and supports the participation of individuals of all abilities in its programs and facilities.