

Small changes,
big differences.



FREE Teen Triple P Discussion Group *(for parents of 11-16 year olds)*

Concerned about the safety of your teenager? Want to reduce the risks your teenager may face? Gain positive parenting strategies to help your teenager enjoy life without putting his/her health and wellbeing at risk by

Building Teenagers' Survival Skills

**Leeds, Grenville & Lanark
District Health Unit
375 William St. S., Gananoque**

**Tuesday
December 8, 2015
6:00 – 8:00 p.m.**

Refreshments provided.

**Register at: <http://gananoque-teen-triplep.eventbrite.com> or
contact Kathy Spratt at 1-800-660-5853.**



www.triplepontario.ca
www.triplep-parenting.net