

## **Brilliant Parents February Schedule Triple P Discussion Group Workshops**

### **Reducing Family Conflict**

Date: Tuesday, 4th February 2022

Time: 10-12 noon

Venue: Zoom

### **Developing Good Bedtime Routines**

Date: Thursday 10th February 2022

Time: 10-12 noon

Venue: Zoom

### **Developing Good Bedtime Routines**

Date: Friday 11<sup>th</sup> February 2022

Time: 9- 11am

Venue: Zoom

### **Dealing with Disobedience**

Date: Friday 18th February 2022

Time: 9- 11am

Venue: Zoom

### **Coping with teenagers' emotions**

Date: Wednesday 23rd February 2022

Time: 6-8 pm

Venue: Zoom

### **Hassle Free Shopping**

Date: Thursday 24th February 2022

Time: 10 – 12 noon

Venue: Zoom

### **Getting Teenagers to Cooperate**

Date: Friday 25th February 2022

Time: 10 – 12 noon

Venue: Zoom

### **Managing Fighting & Aggression**

Date: Monday 28h February 2022

Time: 10am -12 noon

Venue: Zoom