



## Triple P Discussion Groups & Workshops



Small group discussions via Zoom that offer practical suggestions for tackling specific problem behaviors.

**Thursday Aug 13<sup>th</sup>**

5:30 pm-7:30 pm

Dealing with Disobedience

**Thursday, Aug 27<sup>th</sup>**

5:30pm- 7:30 pm

Developing Good  
Bedtime Routines

**Thursday, Sep 10<sup>th</sup>**

5:30 pm- 7:30 pm

Coping with Stress

**Thursday, Sep 24<sup>th</sup>**

5:30-7:30 pm

Balancing Work & Family

**All sessions will be offered using a FREE app called Zoom**

**Questions?** Contact Holly Herman at (920) 391-5819

or email [holly@fcrnew.org](mailto:holly@fcrnew.org) to register.

