

# The Art of Managing Stress

## THE TRIPLE P® WAY (SECONDARY)



Triple P Level 2 Webinars focus on the six key ingredients for positively parenting your teenagers. All 3 webinars work in tandem to outline the formula for success in raising teenagers as responsible, competent and connected young adults.

Session	Topic	Date
1	Responsible Teens	11 Feb
2	Competent Teens	18 Feb
3	Connected Teens	25 Feb

**Saturdays**

**11.30 am – 12.30 pm**

**FREE**

Fully subsidised by the Ministry of Social & Family Development

### Webinar 1: Responsible Teens

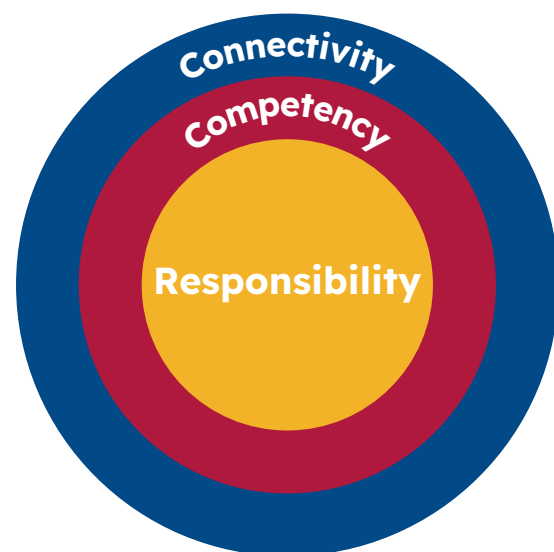
Discover the six key ingredients for teenagers maturing into emotionally-regulated young adults who manage school and peer pressures in a healthy manner and are valued members of the family.

### Webinar 2: Competent Teens

Learn techniques to help your teen to develop self-discipline and accountability while handling stress, the launchpad for flourishing into competent young adults.

### Webinar 3: Connected Teens

Focus on involving your teen in family decision making and developing a trusting platform for your teen to share their challenges and goals, preparing them to become successfully connected in the wider community.



**Sign up at [morningstar.org.sg/triple-p/l2-sec-run-2](https://morningstar.org.sg/triple-p/l2-sec-run-2)**

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