

The Art of Managing Stress-Triple P Way

27 Jun 2024.

Dear Parents/Guardians

We are pleased to inform you that Morning Star Community Services is conducting three Positive Parenting Programme (Triple P) Level 2 Webinars in July on The Art of Managing Stress. Morning Star Community Services is one of the parent support providers partnering MOE schools to deliver evidence-based programmes to equip parents with useful knowledge and skills to journey with their child.

Positive Parenting Programme (Triple P) is a parenting and family support strategy designed to prevent behavioural and emotional problems in children.

These webinars will work in tandem to outline the formula for success in raising teenagers as responsible, competent, and connected young adults.

Please refer to the details in the attachment.

Thank you.

Registration link:

morningstar.org.sg/triple-p/l2-sec-run-6

File attachment:

[Art of Managing Stress_Secondary.pdf](#)