

## **Achieving Digital Wellness-The Triple P Way**

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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 August on Achieving Digital Wellness. 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.

Through the 3 intertwined webinars, you will learn how to help your teens maintain both online and offline connections to satisfy all their psycho-social needs.

Please refer to the details in the attachment.

Thank you.

Best regards

Sahira Ramlee

Web Link

Registration: [morningstar.org.sg/triple-p/l2-sec-run-7](https://morningstar.org.sg/triple-p/l2-sec-run-7)

File attachment: [L2 Secondary EDM-Digital Wellness\\_Aug.pdf](#)

