

Dear Parents/Guardians

We are pleased to inform you that Morning Star Community Services is conducting three Triple P Level 2 Webinars in July on the Art of Stress Management.

These webinars focus on discovering the six key ingredients for teenagers to manage school and peer pressure, helping them to develop self-discipline and accountability when handling stress and developing a trusting platform to share their challenges and goals.

Please refer to the details in the attachment.

Thank you.

File attachments

[Triple P L2 Flyer Run 6\\_Secundary.pdf \(1.48 MB\)](#)