



Ref: S1/01-2024

Dear Parents and Guardians,

Introduction to Care Corner Families For Life and Triple P

Warmest greetings to you from Families for Life! As we embark into the new year, we wish you and your family peace, good health and a strong relationship with your children.

Care Corner is appointed by the Ministry of Social and Family Development (MSF) to be the parenting support provider for your child's school. We offer **free evidence-based parenting programmes** such as the Positive Parenting Programme (Triple P) to parents in the Woodlands and Sembawang regions. In 2023, more than 1500 parents had attended and benefited from one or more of our parenting programmes.

Our programmes are delivered in two modalities – one-to-one coaching and group sessions.

We are here to support your parenting journey - whether you are looking to strengthen your relationship with your child or are seeking to be equipped with strategies to help manage parenting issues you are facing.

As your child transits to secondary school, he or she may experience a mix bag of emotions such as excitement and anxiety.

We have organised a series of on-line transition seminars to share parenting strategies to support your child who may be facing stress of transiting to a new school environment and coping with pubertal changes. We strongly encourage you to register.

Common parenting issues

- Emotional behaviours
- Rude behaviours
- Excessive device use
- Peer problems
- Coping with anxiety
- Parent-child relationship

Triple P Seminars Supporting Your Child's Transition to Secondary School

Fridays, 7.30pm to 9.00pm

12 Jan – Raising Responsible Teenagers

19 Jan – Raising Competent Teenagers

26 Jan – Getting Teenagers Connected

Register via this link : <https://go.gov.sg/cc-3p2>

Closing date : 9 Jan 2024

For enquiries : Email: ffl@carecorner.org.sg ;

Call: 6978 4090

We have other seminars lined up throughout the year too. Do look out for announcements through Parents Gateway in due time.

Parenting Survey 2024

We wish to understand how you are doing as a parent so that we can better support you. To help us do that, please complete the Parenting Survey via this link: <https://go.gov.sg/cc-pns>

For more information about our programmes and services, please contact Ms Jasmine Peh at ffl@carecorner.org.sg or 6978 4090.

Thank you.

Rooting for you,

Care Corner Families For Life

Care Corner Singapore Ltd

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www.carecorner.org.sg