



SEMINAR SERIES ON ZOOM



Positive Parenting Programme



Struggling with your child's behavior and need help with supporting them during their transition from childhood to preteen?

Lakeside Family Services and your child's school have partnered to present the Triple P – Positive Parenting Programme. These seminars offer invaluable knowledge on positive parenting and provide practical tips to make raising kids easier, enjoyable, and rewarding.

Join us to learn more!



For more information, contact Catherine Banton at catherine-banton@lakeside.org.sg

Choose between 3 schedules (A or B or C), over Zoom or Onsite.



SCHEDULE A - Zoom

TUESDAYS 12-1:30 PM

2 April 2024 - Seminar 1

The Power of Positive Parenting

9 April 2024 - Seminar 2

Raising Confident, Competent Children

16 April 2024 - Seminar 3

Raising Resilient Children

REGISTER NOW

go.gov.sg/lfs-3psem-d2024

Scan QR code, tap/click link



SCHEDULE B - Zoom

THURSDAYS 8-9:30 PM

4 April 2024 - Seminar 1

The Power of Positive Parenting

11 April 2024 - Seminar 2

Raising Confident, Competent Children

18 April 2024 - Seminar 3

Raising Resilient Children

REGISTER NOW

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Scan QR code, tap/click link



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SCHEDULE C - ONSITE
SATURDAYS 9-11/1130am)



170 Upper Bukit Timah Road
 #09-04 Bukit Timah Shopping Centre
 Singapore 588179

Seminar 1&2

6 April 2024, 9-11:30 AM

The Power of Positive Parenting and
 Raising Confident, Competent Children

Seminar 3

13 April 2024, 9-11:00 AM

Raising Resilient Children

REGISTER NOW



go.gov.sg/lfs-3psem-f2024



Scan QR code, tap/click link

Triple P Certified Speaker

Caroline David

Counsellor, Family life Educator, Trainer



Ms Caroline David is a Counsellor and Trainer with a Masters in Guidance and Counselling from James Cook University, a Postgraduate Diploma from Institute of Systems Science (NUS) and a Bachelor of Science degree from NUS. She has 12 years of counselling experience having worked with children of different ages as well as parents. Through therapy, she has helped alleviate students' mental health issues such as anxiety, depression, suicidal ideation and self-harm. Caroline is also involved in the rehabilitation programmes for inmates in the Singapore Prison System (SPS).

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