



SEMINAR SERIES ON ZOOM



# Positive Parenting Programme



**Having trouble managing common behavioural issues? Wondering how you can support your child better in his/her transition years from childhood to preteen?**

Lakeside Family Services, in partnership with your child's school, brings you the Triple P - Positive Parenting Programme. These seminars teach the principles of positive parenting and are packed with simple ideas to help make raising kids easier, enjoyable, and rewarding. Join us to find out more!

**HELD ON ZOOM. Register now.**



For more information, contact Jacqueline Kok at [jacqueline-kok@lakeside.org.sg](mailto:jacqueline-kok@lakeside.org.sg)

Tap/click on the link below to register.

<https://us06web.zoom.us/meeting/register/tZAucOGhpzwsHNdHtbT85qwVRUKww9WCGtVQ>

## SEMINAR 1

**THE POWER OF POSITIVE PARENTING**

6 May 2023  
SAT 9:30-10:30 AM

## SEMINAR 2

**RAISING CONFIDENT, COMPETENT CHILDREN**

13 May 2023  
SAT 9:30-10:30 AM

## SEMINAR 3

**RAISING RESILIENT CHILDREN**

20 MAY 2023  
SAT 9:30-10:30 AM

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# Triple P Certified Speaker

## Richard Cheong

Counsellor, Family Life Educator, Triple P, Neuro Linguistic Programme and Timeline Practitioner

Richard Cheong is a certified family life educator trained at Swinburne University (Australia) and Family Resource Training Centre. He has served in the pastoral ministry for more than 20 years. He specializes in marriage counselling, counselling children and teens, and young adults. He has conducted family life talks with a diverse audience in various schools in Singapore. Richard holds a degree in Counselling Psychology and a Diploma in Counselling and Communication with Edith Cowan University. Richard has been happily married for 26 years to Serina with 3 grown children.



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