

Dear Parents / Guardians

We are pleased to inform you that Morning Star Community Services is conducting 3 sessions of the Triple P Level 2 Webinars in August on Achieving Digital Wellness.

These three webinars focus on coaching teenagers on managing their digital usage, handling their digital wellbeing and getting them involved in community activity and family decision making.

Please refer to the details in the attachment.

File attachments

[EDM_Triple P L2 Sec_Aug 2023_Achieving Digital Wellness.pdf \(221.05 KB\)](#)