



Lakeside Family Services
Families For Life @ Community
Blk 516, Jurong West St 52, #01-73,
Singapore 640516
Tel: 6567 1908 | Email: fflc@lakeside.org.sg

Dear Parents and Guardians,

Introduction to Lakeside Family Services, Families For Life @ Community

Warm greetings from Lakeside Family Services! As we welcome the new year, we wish you and your loved ones a year filled with peace, good health, and nurturing relationships with your children.

We are proud to serve as the appointed Families For Life @ Community provider for Clementi, Jurong East, and Queenstown regions. Our mission is to support parents like you through our complimentary parenting programmes, funded by the Ministry of Social and Family Development (MSF).

Our flagship parenting programme is the renowned Positive Parenting Program (Triple P), designed to empower you with effective tools and strategies for a loving and resilient family.

	Triple P webinars	Triple P One to One consultation	Topical Talks
Structure (Over Zoom)	3 seminars, totalling 4.5 hours	3 - 4 individual consultation sessions, 45 minutes each	1-hour webinar
Objectives	<ol style="list-style-type: none">1. Confidently manage your children’s behaviour2. Prevent problems from developing3. Build strong, healthy relationships with your children		

Take the first step towards empowering your parenting journey! Kindly complete the Indicate Interest Form at <https://go.gov.sg/lfs-iif2025> to receive parenting support tailored to your needs.

Please visit our website <https://lakeside.org.sg/our-services/families-for-life-community> or contact us at 6567 1908 or email: fflc@lakeside.org.sg for more information or assistance.

We are thrilled to be a part of your parenting journey!

Daniel Lim
Head
Families For Life @ Community

◆ POSITIVE PARENTING PROGRAMME



TRIPLE P

Experience Breakthroughs in Parenting

The Positive Parenting Programme (Triple P) is an **evidence-based** programme that helps parents promote their children's psychological, social, and emotional competence. With over **30 years** of ongoing research, Triple P is considered **one of the most effective parenting programmes worldwide**.

BENEFITS OF THE PROGRAMME

- ↑ Greater Parenting Competence
- ↑ Improved Emotional States
- ↓ Lower Parenting Stress
- ↓ Reduced Behavioural Issues

💡 TO REGISTER YOUR INTEREST

<https://go.gov.sg/lfs-iif2025>



"My husband and I **highly recommend** parents who want to improve parent-child relationships or are struggling with their child to join Triple P programme. We were not able to believe that **in a mere 1 month's period**, we were able to **connect with our child better, addressed some of the concerns that we had for years.**"

✉ fflc@lakeside.org.sg



<http://lakeside.org.sg/parent-support-services>