

Dear Parents and Guardians,

**Introduction to Lakeside Family Services, Families For Life @ Community**

Warm greetings from Lakeside Family Services!

We are the appointed Families For Life @ Community provider for Clementi, Jurong East, and Queenstown regions, to provide you with evidence-based parenting programmes that are relevant to your parenting needs. These programmes are offered in partnership with your child’s school, and are fully subsidised by Ministry of Social and Family Development (MSF).

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

	<b>Triple P Webinars</b>	<b>Triple P One to One Consultation</b>	<b>Topical Talks</b>
<b>Format (Online, via Zoom)</b>	3 seminars, totalling 4.5 hours	3 - 4 individual consultation sessions, 30 - 45 minutes each	1.5 hours webinar
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. Confidently manage your children’s behaviour</li> <li>2. Prevent problems from developing</li> <li>3. Build strong, healthy relationships</li> </ol>		

Take the first step towards empowering your parenting journey! Kindly complete the Indicate Interest Form at <https://go.gov.sg/lfs-iif2026> 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](mailto: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

**LAKESIDE FAMILY SERVICES**

Block 516, Jurong West Street 52, #01-73, Singapore 640516 / T. 6567-1908 / F. 6565-6435 / E. [lfsw@lakeside.org.sg](mailto:lfsw@lakeside.org.sg)

**OUR CENTRES:** JURONG WEST • JURONG EAST • TAMAN JURONG • THE GRIT PROJECT - CHILDREN AND YOUTH CENTRE  
KAKI KAMPONG SENIORS WELLNESS CENTRE • SAFE PLACE • LAKESIDE STUDENT CARE (JURONG WEST)  
LAKESIDE STUDENT CARE (JURONG EAST)

# Triple P (Positive Parenting Programme)

Are you feeling stressed or facing difficulties in your parenting journey?

Learn simple and practical strategies to help you confidently manage your children's behaviour, prevent problems from developing, and build stronger, healthier relationships.



**FREE**  
Parenting  
Programmes

**Webinars**

**One to One  
Consultation**



Triple P is a highly effective\* evidence-based parenting programme with over 30 years of ongoing research, and is implemented in 25 countries.

**Register your  
Interest**

[go.gov.sg/lfs-  
iif2026](https://go.gov.sg/lfs-iif2026)



**SCAN HERE** ↙



Information collected and your individual responses will remain **confidential** and will not be shared with the school.

“My husband and I highly recommend parents who want to improve parent-child relationships or who are struggling with their teens/tweens to join the Triple P programme. We were not able to believe that in a mere 1 month, we were able to connect with our child better and address some of the concerns that we had for years.”  
- Parents of a Secondary 2 child

Enquiry: E-mail us at



[fflc@lakeside.org.sg](mailto:fflc@lakeside.org.sg)

Website



[go.gov.sg/fflc-serviceslfs](https://go.gov.sg/fflc-serviceslfs)