

# Triple P Fear Less Seminar

A **FREE** online parenting seminar  
for parents of children experiencing anxiety residing in the Cities of Yarra, Darebin,  
Nillumbik, Whittlesea and Banyule.

Fear-Less Triple P supports parents to learn new strategies for managing their child's anxiety. This group is for parents that are concerned about their child's anxiety that would like to learn strategies they can put in place to support the wellbeing of their child and the family. Content is suited to parents or caregivers of children aged from 6 to 12 years.

The topics covered in this program include:

- Understanding how anxiety works,
- Becoming the best possible model of anxiety management for their children,
- Becoming effective emotion coaches,
- Understanding and teaching the value of flexible thinking,
- Managing their children's anxiety effectively, and
- Using constructive coping.

All participants will receive:

- The Fear Less tip sheet,
- Extra resources to assist in implementing strategies to support your child navigate their feelings of anxiety.

## To Enrol:

To enquire about enrolment into the seminar, contact Georgia with your *full name* and *best contact number* with the subject 'Fear Less Seminar' by emailing us at [triplep@berrystreet.org.au](mailto:triplep@berrystreet.org.au).

We ask that enquiries for enrolment be made by 5:00pm on 27/04/26. Due to limited spaces, we encourage parents to enquire ASAP to avoid disappointment.

The Fear Less Seminar is a two-hour session run via zoom.

*Please note enrolment is required to attend.*

## Date:

04/05/26

## Location:

Online via Zoom

## Time:

11:30am – 1:30pm

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Believing In  
Children,  
Young People,  
Families &  
Their Future.

