

# Parenting Seminars

Berry Street are offering two free online parenting seminars to parents residing in Banyule, Nillumbik, Darebin, Whittlesea and Yarra:  
Fear Less Triple P and Parenting with Confidence.  
Parents are welcome to attend one or both sessions.

## Fear Less Triple P Seminar:

This seminar 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. For parents or caregivers of children aged from 6 to 14 years.

The topics covered in this seminar include:

- Understanding anxiety
- Role modelling effective ways of managing anxiety
- Becoming effective emotion coaches.
- Managing children's anxiety effectively.
- Using constructive coping.

**Date:** 12th October **Time:** 10:30 - 12:30pm

### How to book:

To schedule an enrolment into the seminar, contact the Triple P Team by emailing us at [triplep@berrystreet.org.au](mailto:triplep@berrystreet.org.au) with your full name and contact number.

**Enrolments must be completed by the 5<sup>th</sup> of October.**

## Parenting with Confidence:

Join the Berry Street Matters Family Therapy team for a friendly discussion about the challenges and opportunities of parenting.

All parents have hopes and fears for their child as they grow.

Parenting can feel exhausting, challenging and rewarding.

We hope to reflect on ways we can connect with our children and teens and feel more confident in our parenting.

**Date:** 19th October **Time:** 10:30 - 12pm

