

# Triple P Fear Less Group

A free online parenting group  
for parents of children experiencing anxiety.

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 14 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.
- Using constructive coping.

## Dates:

28/ July/21, 4/Aug/21,  
11/Aug/21, 18/Aug/21,  
25/Aug/21, 1/Sept/21

## Location:

Online via Zoom

## Time:

10am – 11:30am

## How to book:

To schedule an enrolment into the group, contact Georgia from the Triple P Team by emailing us at [triplep@berrystreet.org.au](mailto:triplep@berrystreet.org.au)

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

