

Triple P Fear Less Seminar

A free online parenting seminar
for parents of children aged 6 to 14 years experiencing anxiety.

Fear-Less Triple P supports parents to learn new strategies for managing their child's anxiety. 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. 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.

Date: 23rd August
2021

Location: Online
via Zoom

Time: 10:00am –
12:00pm

How to book:

To schedule an enrolment into the seminar, contact Georgia from the Triple P Team by emailing us at triplep@berrystreet.org.au with your full name and contact number. Enrolments must be completed by the 19th of August 2021.

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Children,
Young People,
Families &
Their Future.

