

The logo for Berry Street, featuring the words "BERRY STREET" in a bold, white, sans-serif font inside a yellow oval shape.

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

A photograph of a woman wearing a blue hijab and a white top, smiling warmly as she hugs a young girl from behind. The girl is wearing a bright yellow sweater and has her arms around the woman's neck. They are both looking towards the camera with happy expressions. The background is a soft-focus indoor setting.

Fear Less Seminar

A free online single-session supported parenting seminar for parents of children aged 6-14 years old experiencing anxiety.

Open to parents living in the Cities of Darebin, Yarra, Banyule, Nillumbik and Whittlesea.

Monday 29/July/2024
10:30am-12:30pm
Online Via Zoom

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

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

Make an enquiry: Contact Georgia from the Triple P team (e: triplep@berrystreet.org.au or ph: 0499 301 006) with your *full name* and *contact number* for details on the enrolment process.

Enquiries must be made by 24/July/2024 and this does not guarantee enrolment.

Please note capacity for this session may be reached prior to this date so we encourage you to reach out ASAP.