

Triple P Fear Less Group Program

A free online six-session parenting program
for parents of children experiencing anxiety.

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

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.

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, and
- Using constructive coping.

This program will be run in a group setting online with other parents. It will include 6 x 2 hour weekly sessions

All families involved will receive:

- Triple P Fear Less Parent Workbook
- Parent Pack – including resources for both children and parents to help implement strategies from program
- A \$50 Booktopia voucher to purchase any additional resources

How to make an enquiry:

Contact Georgia from the Triple P by emailing triplep@berrystreet.org.au with your name and contact number or call our office on 03 9450 4700 (ask to be put in contact with Georgia) to book a time to complete enrolment. Cut off for enquiries is 15/2/23, however due to limited spaces we encourage you to reach out ASAP.

Dates*:

Session 1: 28/2/23

Session 2: 7/3/23

Session 3: 14/3/23

Session 4: 21/3/23

Session 5: 28/3/23

Session 6: 4/4/23

Location: Online via Zoom

Time: 10am

* Please note attendance to all sessions is required.