

# 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:** 9<sup>th</sup> March  
2022

**Location:** Online  
via Zoom

**Time:** 10:00am –  
12:00pm

## How to book:

Contact the Triple P Team by emailing us at [triplep@berrystreet.org.au](mailto:triplep@berrystreet.org.au) with your full name and the subject line 'Fear Less Seminar Enrolment'. Alternatively, you may contact us on 9450 4700.

**Enquiries for enrolment must be made before 5pm on 1/3/22.**

**BERRY  
STREET**

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

