

# Fear Less Group

A free 6-session online supported parenting group  
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.

## How to make an enquiry:

Contact the Triple P team by emailing [triplep@berrystreet.org.au](mailto:triplep@berrystreet.org.au) with your *name* and *contact number* or call or text our intake worker Georgia on 0499 301 006 to enquire. Enquiries must be made by 5pm on 26<sup>th</sup> February 2024.

**Please note that enquiries do not guarantee an enrolment in the group and that capacity for the group may be reached prior to this date.**

## Dates:

Session 1: 13<sup>th</sup> March

Session 2: 20<sup>th</sup> March

Session 3: 27<sup>th</sup> March

**\*Holiday break\*: 3<sup>rd</sup> April, 10<sup>th</sup> April**

Session 4: 17<sup>th</sup> April

Session 5: 24<sup>th</sup> April

Session 6: 1<sup>st</sup> May

## Location:

Online via Zoom

## Time:

10:00am-11.30am each week