

Triple P Fear Less Seminar Program

A free online single-session seminar 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 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, and
- Using constructive coping.

This program will be run in a group setting online with other parents. It will run for 2 hours.

All families involved will receive:

- Triple P Fear Less Tip Sheet
- 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 complete enrolment.

Please note due to limited spaces we encourage parents to enquire ASAP to avoid disappointment. Enrolment enquiries must be sent before 12:00pm on 27/3/23, however seminar capacity may be reached before this date.

Date: 30/3/23

Location: Online via Zoom

Time: 10:00am-12:00pm

Please note enrolment to sessions is mandatory and we ask that you do not distribute the link to the session once provided.