



Triple P Fear Less Group

A **FREE** online parenting group for primary carers of children experiencing anxiety residing in the Cities of Yarra, Darebin, Nillumbik, Whittlesea and Banyule.

The Fear Less Group runs over 6 x 1.5-hour sessions. Attendance to all sessions is required.

Dates:

- 12th May 2025
- 19th May 2025
- 26th May 2025
- 2nd June 2025
- 16th June 2025
- 23rd June 2025

Location: Online via Zoom

Time: 10:00am- 11:30am

Fear-Less Triple P supports parents to learn new strategies for managing their child's anxiety. This group 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 12 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 Enquire: Contact the Triple P Team with your full name and best contact number by:

- Emailing us at triplep@berrystreet.org.au, or
- Calling or sending a message to Georgia on 0499 301 006.

We ask that enquiries are made no later than 5pm on 28th of April 2025. Due to limited spaces, we encourage carers to reach out ASAP to avoid disappointment as spaces may fill before this date.