

# Triple P Fear Less Group

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

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.

All participants will receive:

- Fear Less Workbook with information and activities at commencement,
- Resource pack tailored to your child/ren's age and stage during the group period, and
- A voucher to access extra resources following conclusion of the group.

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

**Dates:**

14<sup>th</sup> Oct 2024 | 21<sup>st</sup> Oct 2024  
28<sup>th</sup> Oct 2024 | 4<sup>th</sup> Nov 2024  
11<sup>th</sup> Nov 2023 | 18<sup>th</sup> Nov 2024

**Location:**

Online via Zoom

**Time:**

12:00pm-1:30pm

**How to book:**

To schedule an enrolment into the group, contact Georgia with your *full name* and *best contact number* by:

- Emailing us at [triplep@berrystreet.org.au](mailto:triplep@berrystreet.org.au) with your full name and contact number, or
- Calling or sending a message on 0499 301 006.

We ask that enquiries for enrolment be made by 5:00pm on 1<sup>st</sup> of October. Due to limited spaces, we encourage parents to enquire ASAP to avoid disappointment.

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Children,  
Young People,  
Families &  
Their Future.

