

Fear Less Group Program

A free online six-session supported parenting group for parents of children aged 6-14 years old 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.

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.

Session dates:

10:00am-11:30am on 14/8/2024

10:00am-11:30am on 4/9/2024

10:00am-11:30am on 21/8/2024

10:00am-11:30am on 11/9/2024

10:00am-11:30am on 28/8/2024

10:00am-11:30am on 18/9/2024

Location:

Online Via Zoom

Please note attendance to all sessions is expected.



How to make an enquiry:

Contact Georgia with your *name* and *contact number* (E: triplep@berrystreet.org.au or ph: 0499 301 006).

Enquiries must be made by **5pm on 31/07/24**.

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.