

Fear Less Seminar

A free online single-session supported parenting 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 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.

DATE: 8th August 2023

Location: Online Via Zoom

Time: 10:00am- 12:00pm

All families involved will receive:

- Triple P Fear Less Tip Sheet
- A \$50 Booktopia voucher

How to make an enquiry:

Contact Georgia from the Triple P team by emailing triplep@berrystreet.org.au with your *name* and *contact number* or call our Northern Office on 9450 4700 and ask to speak to Georgia to complete enrolment. Enquiries must be made by 5pm on 1st August 2023.

Please note that capacity for the session may be reached prior to this date.

