

Small changes, big differences.



Triple P – Positive Parenting Program FEAR-LESS SEMINAR

Appropriate for parents of children and teenagers aged 6-14 years

Everyone experiences anxiety occasionally. Anxiety is a normal response that can be helpful and typically passes quickly. However, anxiety can sometimes get overwhelming. Learning to manage anxiety effectively is a vital life skill.

This FREE two-hour seminar offers information about:

- ✓ Key anxiety-management skills that parents can teach children
- ✓ An understanding of how anxiety works
- ✓ Knowledge of how to help children develop coping skills and face feared situations
- ✓ How to manage children's anxious behaviour effectively

**19th of July 2023
9:00am**

The seminar will take place at Dalmain Primary School.

You can book your FREE seminar now by:

1. Searching for them by location at www.triplep-parenting.net.au or
2. Contacting by email or phone: Dalmain.PS@education.wa.edu.au

**No child-minding available. It is recommended that children are not brought along to the sessions.*



www.triplep-parenting.net.au