

# Help them break free from anxiety

## Free positive parenting seminar

If children or teenagers become extra-worried, these anxious feelings can start to affect everyday life. Come along to this friendly 2-hour seminar packed with tips and ideas you can start using straight away to help your child or teenager develop their own toolkit of coping skills.

### THIS FEAR-LESS TRIPLE P SEMINAR CAN HELP YOU:

- Understand more about child and teen anxiety, what can accidentally make it worse, and what responses are more helpful
- Find out ways to support your children to manage anxious feelings
- Learn gradual, effective ways to help kids conquer their fears
- Get tools and problem-solving skills any parent can teach their child

The Triple P – Positive Parenting Program has already worked for hundreds of thousands of Australian families. We're all about making parenting and family life more positive. And now Triple P is FREE in our community!

## Fear-Less Triple P Seminar

Date:

Time:

Location:

Other:



**BOOK YOUR FREE PLACE NOW**

[www.triplep-parenting.net](http://www.triplep-parenting.net)

Scan for info and quick access to registration page – or just come along!

We acknowledge the Traditional Custodians of the land on which we live and work, and pay our respects to Elders past, present and emerging.