

Small changes,  
big differences.



## Triple P – Positive Parenting Program

# FEAR-LESS SEMINAR

## For Glengarry Primary School and Davallia Primary School families

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

**Tuesday, 21<sup>st</sup> March 2023**  
**9.00am - 11.30am**

The seminar will take place at Glengarry Primary School in the Library.

You can book your FREE seminar now by registering [here](https://www.triplep-parenting.net.au/au/contact/find-a-session/2023-03-21/fear-less-seminar/111924/) or via link <https://www.triplep-parenting.net.au/au/contact/find-a-session/2023-03-21/fear-less-seminar/111924/>

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

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

