

# 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

**Thursday 1 April 2021**  
**9.30 – 11.30am**  
**Walliston Primary School – Library**  
**11 Dianella Road**  
**Light refreshments provided**

You can book your FREE place now by:

Registering your name by phoning Walliston PS on 9291 2000, or entering your details [online here](#). Hurry, places are limited!

*\*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)

