

TRIPLE P

FEARLESS

About the program

Triple P - Fearless is a 6 week workshop that aims to support parents of young people aged 6 - 14 years.

It is designed to provide information about anxiety and provide positive parenting strategies that support the development and behaviour of young people with anxiety.

This workshop will provide:

- An understanding of how anxiety develops in young people
- How to support your child to express and manage upsetting emotions more effectively
- How to help your child develop coping skills and face feared situations
- How to manage children's anxiety behaviour effectively

This is a FREE program run by The Hub 3756 by Kids First and FamilyCare for parents who live in Wallan, Kilmore, Broadford and Beveridge area.

Session dates and times

8th February
15th February
22nd February
29th February
7th March
14th March

Time: 10:00am - 12:00pm

Location: Wallan Primary School
42 - 48 Queen Street, Wallan VIC
(please go to reception)

For all enquiries

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