

Small changes, big differences.



Free workshop for parents

Fear-Less Triple P (Positive Parenting Program): Helping your child learn to manage anxiety

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

Everyone experiences anxiety occasionally, and it's a normal response that can be helpful and typically passes quickly. However, anxiety can sometimes become overwhelming and interfere with our ability to cope with day-to-day activities.

Learning to manage anxiety effectively is a vital life skill that begins in childhood, and this FREE two-hour seminar can help you:

- ✓ Understand exactly how anxiety works
- ✓ Learn key anxiety-management and coping skills that you can teach your children and teens
- ✓ Manage your children and teens' anxious behaviour effectively

DATE Thursday 27th May

TIME 5:30-7:30pm (+ brief session on help-seeking by Ena Simic, School Psychologist)

VENUE Lathlain Primary School

REGISTRATION ESSENTIAL AS PLACES ARE LIMITED:

[Click here](http://www.triplep-parenting.net.au/wa) or search for this session by location (Lathlain) at www.triplep-parenting.net.au/wa

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



www.triplep-parenting.net.au