

Small changes, big differences.



Churchlands PS presents

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 delivered by our school psychologist, 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

DATE : Thursday 5 May 2022

TIME : 5pm-7pm

WHERE : CPS Library

To book a place, please email Joanna.morgan@education.wa.edu.au



www.triplep-parenting.net.au/wa