



Fear-Less Triple P

Seminar for parents of children (aged 6-16) who'd like to get some tips on anxiety management for their family.

Helping your children learn to manage anxiety.

Practitioners introduce parents to some information about anxiety and provide positive parenting strategies that support the development and behaviour of children with anxiety.

The topics covered include:

- Understanding how anxiety works.
- Becoming the best possible model of anxiety management for all their children.
- Becoming effective emotion coaches.
- Understanding and teaching the value of flexible thinking.
- Managing their children's anxiety effectively.
- Using constructive coping



Book now via Eventbrite:
<http://bit.ly/sheffparenthub>



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