



TRIPLE P FEARLESS

The Fear-Less Triple P Seminar introduces parents to a wide range of strategies for managing children's anxiety in a single session 2-hour seminar program. The seminar is for parents who would like some tips on anxiety management for their family.



Seminar Topics:

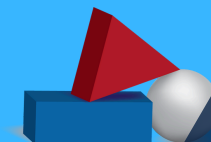
- ✓ Understanding how anxiety works.
- ✓ Using constructive coping.
- ✓ Becoming the best possible model of anxiety management for all their children.
- ✓ Becoming effective emotion coaches.
- ✓ Understanding and teaching the value of flexible thinking
- ✓ Managing their children's anxiety effectively.

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child care
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