

TRIPLE P - FEAR LESS

Reducing Anxiety in Children & Teenagers



Are **YOU** concerned About your child/teen experiencing **Anxiety?**

FREE Triple P talk for parents of children
and teenagers aged 6 – 14 years

Being a parent to a child/teenager who is **experiencing anxiety** can be tough. It can affect day to day functioning and family life, they may be worried about what people think of them, are shy or withdrawn. They avoid social situations and activities, struggle to attend school and worry about tests /exams. They seek constant reassurance and can feel sick when worried.

The talk will cover the following:

- How does anxiety work?
- Understanding anxiety
- Parents as models
- Being an emotion coach
- Thinking flexibly & realistically
- Avoidance and exposure
- Managing children's anxious behaviour; and
- Constructive coping and problem solving

Ask about
parenting.ie



Host:
Dr. Vanessa Cobham
University Queensland Australia

Developer of
Triple P Fearless Parenting
Programme

THURSDAY
11TH OCTOBER 2018

7.30 PM TO 9.00PM

RADISSON HOTEL ATHLONE

(PARKING LIMITED, COME EARLY)

FREE TO ATTEND NO NEED TO BOOK YOUR PLACE