

# Fear-Less Triple P Parent Group



The programme is suited to parents or caregivers interested in coaching children to become **more emotionally resilient** or have children aged from 6 to 14 years with **anxiety** that causes **distress** or impacts on their everyday life.

## WHAT IS COVERED IN THE PROGRAMME?

- ✓ Develop a better understanding of anxiety and fear and what can be done about it
- ✓ Understand what's within your control to change
- ✓ Proven principles to help children develop their own toolkit of coping skills to overcome anxiety
- ✓ Know what to do when a child is anxious or upset

### Course dates (6 week course)

Session 1, Thursday 26<sup>th</sup> May, 9.30-11.30am

Session 2, Thursday 2<sup>nd</sup> June, 9.30-11.30am

Session 3, Thursday 9<sup>th</sup> June, 9.30-11.30am

Session 4, Thursday 16<sup>th</sup> June, 9.30-11.30am

Session 5, Thursday 23<sup>rd</sup> June, 9.30-11.30am

Session 6, Thursday 30<sup>th</sup> June, 9.30-11.30am

### Bookings and Information

Triple P New Zealand Limited

**Venue:** Triple P Centre, Leve 2, 10 Manukau Road, Epsom, Auckland

**Phone:** 09 579 1794

**Cost:** 1 individual \$650

**Email:** [info.nz@triplep.net.nz](mailto:info.nz@triplep.net.nz)

2 parents \$750

**Website:** [www.triplepcentre.net.nz](http://www.triplepcentre.net.nz)