

Help them break free from anxiety

Free positive parenting seminar

If children or teenagers become extra-worried, these anxious feelings can start to affect everyday life. Come along to this friendly 2-hour seminar packed with tips and ideas you can start using straight away to help your child or teenager develop their own toolkit of coping skills.

TRIPLE P'S FEAR-LESS SEMINAR CAN HELP YOU:

- Understand more about child and teen anxiety, what can accidentally make it worse, and what responses are more helpful
- Find out ways to support your children to manage anxious feelings
- Learn gradual, effective ways to help kids conquer their fears
- Get tools and problem-solving skills any parent can teach their child



MEET YOUR PRESENTER – MICHAEL HERD

Michael Herd is a born and bred Queenslander who has trained Triple P practitioners around the world. He's worked with families as a primary school teacher, guidance counsellor and registered Psychologist for more than 30 years. After doing his PhD researching parenting support for families of premature babies, Michael is now also a popular Triple P seminar presenter. He also loves his grandkids, restoring old vehicles, ARL, and classic rock and blues guitar!

Fear-Less Triple P Seminar

Date:

Time:

Location:

Other:



BOOK YOUR FREE PLACE NOW

www.triplep-parenting.net

Scan for info and quick access to registration page – or just come along!

We acknowledge the Traditional Custodians of the land on which we live and work, and pay our respects to Elders past, present and emerging.

