

Triple P Fearless Programme

Does your child suffer from Anxiety at times?

This is the programme for you



Fear-Less is a parenting programme aims to teach parents strategies that will help reduce anxiety in children aged 6-12 years old.

We plan to facilitate 2 three week programme 12th, 19th & 26th October & 9th, 16th & 23rd November on line & / Face to face groups in the Dublin 15. Programmes will be facilitated in the evenings.

If you are interested, please contact Bridgett Johnson on 0864613570

@ Barnardos, Riverview, Church Rd, Mulhuddart, D15

The Programme will cover the following topics:

- How does anxiety work?
- Understanding anxiety
 - Parents as models
- Being an emotion coach
- Managing children's anxious behavior
- Constructive coping and problem solving.

