

Small changes,  
big differences.



## Fear-Less Triple P Seminar: Helping children learn to manage anxiety (for parents of children 2-6 years)

The Fear-Less Triple P Seminar will introduce parents and caregivers to key anxiety-management strategies that support children with anxiety.

**Topics covered:** understand how anxiety works, know how to help your child develop coping skills and face feared situations, and successfully manage children's anxious behaviours.

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**EARLYON CHILD AND FAMILY PROGRAM:**  
YCD EarlyON Newmarket and Keswick

**DATE:** Thursday September 9, 2021

**TIME:** 1:00- 3:00 pm VIA ZOOM

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### REGISTRATION INFORMATION

Please e-mail [ycdearlyonscreen@gmail.com](mailto:ycdearlyonscreen@gmail.com) if you would like to register. Please indicate your name, your child(ren)'s name(s), and your phone number on the email.