

# Small changes, big differences.



## **Fear-Less Triple P: Helping children learn to manage anxiety (for parents of children 2.5-6 years)**

Fear-Less Triple P was developed to help anxious children and their parents. Everyone experiences anxiety, stress and worry from time to time. However, for some children and family's anxiety, stress and worry can overwhelm their day to day lives.

Fear less Triple P will support parents:

- Learn what anxiety is and how it develops?
- Develop strategies to encourage children to express, tolerate and manage their upsetting emotions.
- Create a step by step coping plan

Fear-Less Triple P will be offered to parents as a series of six small group sessions. If you would like to participate please use the contact information below.

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

**DATE: Thursday evenings from November 18- December 23**

**TIME: 6:30- 8:00 pm**

**LOCATION: ZOOM**

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### **CONTACT INFORMATION**

Please e-mail [ycdearlyonscreen@gmail.com](mailto:ycdearlyonscreen@gmail.com) if you would like to inquire about attending this group session. Please provide your name, child (ren)'s names and ages, and your phone number on the email. An EarlyON staff will contact you.