



# Fear-Less Triple P

Fear-Less Triple P is a parenting programme for parents of children and young people aged 6-14 years old. The programme aims to help parents support their children with anxiety.

## Fear-Less Triple P can help you

- Encourage your child's coping skills
- Help your child manage their anxiety
- Teach your child problem solving skills
- Become confident as a parent in responding to anxiety
- Take care of yourself as a parent

## Upcoming Group Sessions

Online Group	Weekly every Wednesday 30 <sup>th</sup> April – 11 <sup>th</sup> June	10am – 12pm
Blairgowrie Community Campus	Weekly every Wednesday 30 <sup>th</sup> April – 11 <sup>th</sup> June	5.30pm – 7.30pm
Perth Grammar School	Weekly every Thursday 8 <sup>th</sup> May – 19 <sup>th</sup> June	5.30pm – 7.30pm

For more information, please email [parenting@pkc.gov.uk](mailto:parenting@pkc.gov.uk)



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