

Small changes, big differences.



FREE Fear-less Triple P group

Does your child or teenager have anxiety that is affecting their everyday life?

Is it stopping them, or your whole family doing certain activities?

Do you swing between reassuring them and telling them to face their fears?

If you would like to help your child worry less and be more confident, our Fear- Less

Triple P course could help.

Parents of 6-14 year olds

What can I expect from the course?

Get a better understanding of anxiety and fear and what can be done about it

Get a whole range of strategies and tools based on proven principles.

Please note: **Self Referrals Only**

Please email

parentinggroups@herefordshire.gov.uk - or call
Children's Help and Advice Team on 01432 260261

DATE: Starts on - Monday 16th September – 30th September

DURATION – 3 weeks – 10:00 – 12:00

: Virtual - via teams

All sessions must be attended

Small changes,
big differences.

