

FEAR-LESS TRIPLE P

Helping Families Manage Anxiety

www.triplep-parenting.com/knox

BREAK THE FEAR AND WORRY CYCLE

Some children and teenagers worry more than others. When they become extra-worried, anxious feelings can start to affect everyday life. You can help your child or teenager gain confidence and rise above anxiety. With your help, they'll develop their own toolkit of coping skills.

LEARN WHAT'S WITHIN YOUR POWER TO CHANGE. HELP YOUR CHILD BY:

- Understanding more about anxiety (and how to reduce it)
- Knowing which responses are most helpful when your child is anxious or upset
- Giving them skills to cope with challenging situations and solve problems
- Teaching them a range of strategies based on proven principles

MAKE A POSTIVE DIFFERENCE WITH FEAR-LESS TRIPLE P

Fear-Less Triple P (Positive Parenting Program) is your anxiety management toolkit. It's full of ways to support children's emotional wellbeing. And it's been proven to reduce anxiety, not just for one child, but for the whole family.



Register at:
www.triplep-parenting.com/knox

Questions?

Contact us at 740-397-2840 or psiknox@gmail.com

\$60 gift card available to all participants attending all six sessions

Triple P in Knox County is brought to you by the Knox Parent Support Initiative through generous funding by the Ariel Foundation, United Way of Knox County and the OCTF.



APRIL 4-MAY 9

- 6-week class
- A light meal and childcare provided
- Free to Knox County parents and caregivers of children and teens
- Hosted by The Village Network

**Knox County Family & Children's
Resource Center**
17608 Coshocton Road
Mount Vernon, OH
6-8pm

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