

# 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**

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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](mailto:parentinggroups@herefordshire.gov.uk) - or call  
Children's Help and Advice Team on 01432 260261

**DATE: Starts on - Friday 1<sup>st</sup> March 2024 -22<sup>nd</sup> March**

**DURATION – 3 weeks**

**DAYTIME: Virtual – 10:00 – 12:00**

**Must attend all sessions**

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[www.triplep-parenting.net](http://www.triplep-parenting.net)

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