

FEAR-LESS TRIPLE P ONLINE

Help them break free from anxiety

FREE IN
NORTH EAST
LINCOLNSHIRE!

HOW DOES ANXIETY AFFECT CHILDREN & TEENS?

Some children and teenagers worry more than others. When they become extra-worried, anxious feelings can start to affect everyday life. They may often be upset and fearful, become withdrawn, or even feel 'sick with worry'. But with the right support, they can gain confidence and break free from anxiety. When they get help to develop their own toolkit of coping skills, they can deal with difficult emotions in healthy ways. It will help them right now, and in the future!

Fear-Less Triple P Online helps you support your child's or teenager's coping skills

This FREE online programme shows you the practical steps you can take to help your child or teenager to feel calmer and more capable. When you know how, you can help them be more emotionally resilient, and teach them new skills. Watch them gain confidence as they learn to tackle fears and situations they've been avoiding.

You can help your child or teenager manage fear and anxiety

In this easy-to-use online course, you'll learn what's within your power to change. There are videos and interactive activities to help you:

- Understand more about anxiety (and how to reduce it)
- Know how to respond to your child when they're anxious
- Help your child develop skills to cope with challenging situations and solve problems
- Teach them a range of strategies based on proven principles

Fear-Less Triple P Online is your personal toolkit for parenting an anxious child. It's full of ways you can support children's emotional wellbeing. In fact, Fear-Less Triple P can help the whole family break free from the stress and anxiety cycle. It's part of the Triple P – Positive Parenting Program®, used around the world!

Also includes extra module: 'Parenting in uncertain times' for the challenges of COVID-19

START TODAY – IT'S COMPLETELY FREE!!

Right now this world class programme is available FREE in North East Lincolnshire.

Find out more: Contact your Compass Practitioner

E-mail: nelincsmhst@compass-uk.org

Phone: 01472 494 250

This free Triple P programme is brought to parents by COMPASS Go.

