

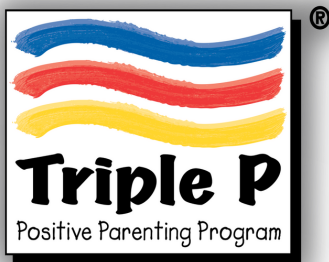


# FEAR-LESS TRIPLE P

MAREEBA

## Help your child manage their anxiety and become more emotionally resilient

- Understand your child's anxiety and how it works
- Explore helpful strategies to respond
- Understand how your child's thoughts affect development and their anxiety
- Discover how to gradually confront their anxiety
- Suited to parents/ caregivers of children aged 6-14



### 3 WEEK PROGRAM

 Tue 19, 26 July & 2 Aug

 10am - 12noon

 Mareeba VPG

 FREE

BOOK NOW



Find us on



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0437 818 623



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VPG

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