

## The Triple P - Positive Parenting Programme

# Group Triple P

## What is a Fear-Less Triple P Seminar?

A cognitive behavioural therapy session that supports parents to help children aged **6-16** years with moderate to severe anxiety, recognise and cope effectively with their anxieties and fears.

### Session

A Fear-Less Triple P Seminar is a 2 hour one off workshop.

### Fear-Less Triple P helps:

- To give parents a better understanding of what anxiety is.
- How to encourage and promote emotional resilience.
- To help parents become the best role models they can be for children learning to manage their anxiety and promote realistic thinking.
- Using exposure to help to overcome avoidance.
- Learn about effective and less effective ways of responding to your children's anxiety.
- Constructive problem solving and how to maintain progress.

### Our next seminar is at:

#### Stocksbridge High School

Shay House Lane  
Stocksbridge  
Sheffield, S36 1FD

**Date: 20/04/2026**

**Time: 4-6pm**

For more information or to book on the next available programme  
contact: Sheffield Parenting Hub on Tel: 0114 2037485  
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