

## The Triple P - Positive Parenting Programme

# Group Triple P

## Does your child struggling with anxiety ?

We would like to invite you to a session that supports parents and carers (or other adult family members) to help children with anxiety, recognise and cope effectively with their anxieties.

### Session

The session is called '**Fear-Less Triple P**', a one-off seminar that is just 2 hours.

### 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 anxiety.
- Learn about effective and less effective ways of responding to your children's anxiety.
- Constructive problem solving and how to maintain progress.

### Where will the seminar be ?

#### **Stocksbridge High School**

Shay House Lane  
Stocksbridge  
Sheffield, S36 1FD

**Date: 20/04/2026**

**Time: 4-6pm**

**What next ?** - For more information or to book your place, contact the school office by phone or by email or contact Jane Lea-Jones on [JLea-Jones@chorustrust.org](mailto:JLea-Jones@chorustrust.org)

**You will need to secure your place by 26 02 26**

