



A service of



Yorkton

Fear-Less Group

A program for parents/caregivers of children age 6 to 14 with significant anxiety concerns

Conducted on six consecutive Tuesdays

May 11, 18, 25, June 1, 8, 15, 2021

from 7 pm to 9 pm

Registration deadline is May 7, 2021

Session will be conducted in-person at the Triple P Centre, SIGN on Broadway, but will move to online if majority of those registered reside outside of the city and cannot commit to in-person attendance or travel, or if Covid-19 precautions require.

Registration is limited to 6 persons. Specific criteria must be met to attend this class. Call or text for more information.

Parents must commit to all sessions, with session 1 mandatory.

This will be the last Fear-Less group until September.

Parents will learn how to use positive parenting strategies that can help children overcome their anxiety.

This program teaches parents about the causes of anxiety and how their response as a parent can influence children's anxiety. We will also cover how to develop realistic expectations to manage anxiety.

All programs are **free**, but registration is required for all sessions:

Call 306-783-3080 | Text 306-621-3084 | Message on Facebook | Email triplep@signyorkton.ca

www.facebook.com/yorktontriplep | www.signyorkton.ca