



TRIPLE P - FEAR LESS

Reducing Anxiety in Children



Anxiety Webinar

DATE: Tue 29th June
Time: 7.00pm - 9.00pm

Portlaoise Education Centre in partnership with Triple P Programme are delivering a **Fear Less Webinar** which will offer Parents of children 4-14 years of age tips and strategies to help children manage their anxiety. Providing practical evidenced - based tips for parents and carers in these uncertain times.



Parenting during the **COVID-19** pandemic is a unique challenge for all parents, caregivers and families. Children and parents are anxious, and families are under pressure like never before. Being a parent to a child/teenager who is experiencing anxiety can be tough.

Anxious children / teenagers can seek constant reassurance have outbursts of anger / frustration and can feel sick when worried. Parenting has a crucial role to play in mitigating the potential long-term negative impacts of COVID-19 on children, particularly in relation to mental health.

IF YOU WOULD LIKE TO JOIN THIS FREE WEBINAR

Register in advance for this webinar:

https://zoom.us/webinar/register/WN_DOyO0DrkQAixGuWqrdILNw

After registering, you will receive a confirmation email containing information about joining the webinar.

All information is confidential and your image or any identifying details will NOT be on screen.