

# Fearless

## Reduce Anxiety in children

**FREE**  
talk

for parents of children  
6 to 12 years

Being a parent to a child who is **experiencing anxiety** can be tough. They avoid social situations and activities. They seek constant reassurance and can feel sick when worried.

- Understanding anxiety
- Parents as models
- Being an emotion coach
- Managing behaviour
- Avoidance and exposure



Ask about  
**parenting.ie**



**TUESDAY**  
**14TH JAN 2020**

**7PM - 9PM**

**Family Resource Centre,  
Mountmellick, Co. Laois**

**BOOKING IS ESSENTIAL**

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