

## Reducing Anxiety in Children &amp; Teenagers

# Are **YOU** concerned About your child/teen experiencing Anxiety?

**FREE** Triple P talk for parents of children  
and teenagers aged 6 – 14 years

Being a parent to a child/teenager who is **experiencing anxiety** can be tough. It can affect day to day functioning and family life, they may be worried about what people think of them, are shy or withdrawn. They avoid social situations and activities, struggle to attend school and worry about tests /exams. They seek constant reassurance and can feel sick when worried.

## The talk will cover the following:

- How does anxiety work?
- Understanding anxiety
- Parents as models
- Being an emotion coach
- Thinking flexibly & realistically
- Avoidance and exposure
- Managing children's anxious behaviour; and
- Constructive coping and problem solving

Ask about  
**parenting.ie**



Host:  
**Dr. Vanessa Cobham**  
University Queensland Australia

Developer of  
**Triple P Fearless Parenting  
Programme**

THURSDAY  
**11TH OCTOBER 2018**

7.30 PM TO 9.00PM

**RADISSON HOTEL ATHLONE**

(PARKING LIMITED, COME EARLY)

**FREE TO ATTEND** NO NEED TO BOOK YOUR PLACE