

Small changes,
big differences.



Group Fear-Less Triple P

**Help your child (aged 6-14 years)
break free from anxiety.**

Starting Wednesday 28th January 2026 9:30am – 11:30 am

www.triplep-parenting.net

Small changes, big differences.



Aston Joint Service Centre, Worksop Road, Swallownest, S26 4WD



Is the Fear-less Programme right for my family?

- Support for parents of anxious kids (6-14 years)
- Find out the 'why' and 'how' of child and teen anxiety.
- Learn more about what's helpful and what can accidentally add to anxiety.
- Start applying new strategies immediately.
- Improve your child's emotional wellbeing in the long term.