



**Parenting is hard!
Let us help!**

Parenting a Child with Anxiety?

Join us for Fear-Less Triple P: a FREE Six-Week Course for Caregivers of Children with Anxiety

For parents and caregivers (grandparents, other relatives, guardians, etc.) of children ages 6-14 who are experiencing moderate to high levels of anxiety that cause distress and/or impact their daily functioning. Learn strategies to help your child manage their anxiety effectively and build emotional resilience.

Live on Zoom | Thursdays | 6 to 8 p.m.

February 13, February 20, February 27, March 6, March 13 and March 20

Discussion will include:

- Understanding anxiety
- Promoting emotional resilience
- Setting a good example and encouraging realistic thinking
- Overcoming avoidance
- Responding to children's anxiety
- Constructive problem solving and maintaining progress

Open to families in Crawford, Fayette, Franklin, Licking and Richland Counties.

**To sign up, call (614) 273-4450 or
email Carly.Fawcett@nationwidechildrens.org**



**Department of
Job & Family
Services**

Ohio Children's Trust Fund