



Help them break free from anxiety

Children's emotional wellbeing, especially in challenging times, is better when whānau can get the right support! Now, all Kiwi families and communities have free access to support that helps build up resilience and emotional wellbeing for our tamariki.

Fear-Less Triple P - Positive Parenting Programme helps with:
Child anxiety | Emotional wellbeing | Coping with parenting stress

For parents & caregivers of kids and teens aged 6-14 who are often anxious

- Develop a better understanding of anxiety and fear and what can be done about it
- Understand what's within your control to change
- Learn proven principles to help children develop their own toolkit of coping skills to overcome anxiety
- Know what to do when a child is anxious or upset

The Fear-Less Triple P group programme is available free at the UC Pukemanu Centre in 2023!

These free group programmes are available through 2022 to help parents and caregivers positively support children and teens to reduce anxiety and cope with life's challenges. And help everyone stay calm and positive!

- A range of groups available with weekday, evening and weekend options to be planned throughout 2023
- Trained professional facilitators

[Click here](#) to visit the UC Pukemanu Centre website to apply or Email hscclinic@canterbury.ac.nz