



Fear-Less Triple P

Six week parenting program to build resilience in children and help them break free from anxiety.



Term 2
2026

WINMALEE

Help your child manage anxiety and become more emotionally resilient.

In this six week program parents will be offered information about anxiety and provided with positive parenting strategies that support the development and behaviour of children (6-14 years) with anxiety.

The seminar will cover:

- Understanding how anxiety works
- Becoming the best possible model of anxiety management for all your children
- Becoming effective emotion coaches
- Understanding the value of flexible thinking
- Managing your children’s anxiety effectively

REGISTER NOW 



We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people.



Program details

Where: Bunya Childcare Centre
54 White Cross Rd Winmalee

When: Tuesdays
26th May - 30th June
7:00pm - 8:30pm

Cost: FREE for residents of
Penrith & Blue Mtns
LGA

For more information or to register via our website:

Phone: 4720 6500

Email: groups@gatewayfamily.org.au

Web: www.gatewayfamily.org.au