



**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.**

**2026 Dates: March 5, March 12, March 19, March 26, April 2 and April 9**

### **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

**All workshops on Zoom – Open to families in Crawford, Franklin, and Richland Counties**

**To sign up, call (614) 355- 8099 or  
email [TripleP@NationwideChildrens.org](mailto:TripleP@NationwideChildrens.org)**