



**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: May 21, May 28, June 4, June 11, June 18 and June 25

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, Morrow and Richland Counties

To sign up, call (614) 355-8099 or email TripleP@NationwideChildrens.org



**Department of
Children & Youth**
Ohio Children's Trust Fund