



Fearless Triple P

Helping Families Break Free from Anxiety
Is your child aged 6–14 and struggling with anxiety?



Fear-Less Triple P gives parents simple, practical ideas to help their child manage anxiety. Parents will learn how anxiety works, how to support their child's emotional wellbeing, and how to respond in ways that build their confidence. The programme also helps parents feel more confident in handling everyday challenges.

MASBRO CENTRE
87 MASBRO ROAD
LONDON W14 0LR

FRIDAYS

06.06.-11.07.2025

10.00AM-12.00PM



TO BOOK A PLACE USE QR CODE
OR CONTACT MARINA ON 07740752679
OR EMAIL MARINA@UPG.ORG.UK

Confident Parent happy Child
Registration Form 2025

