



EVERGREEN EVER GROWING PARENT LEARNING OPPORTUNITIES

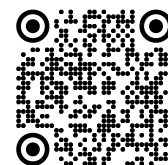
Triple P Fear-Less

Take part in a 5 week parenting program that helps parents of children, aged 6-14, set a good example of coping with anxiety, coach their children to become more emotionally resilient, develop a tool box of strategies and choose the most effective way to respond to their child's anxiety.

This program is only for families who have children attending Evergreen Catholic Schools.

**Wednesdays,
Oct. 7 – Nov. 4
6:00 – 8:00pm**

Pre-registration is required



**SCAN QR
CODE TO
REGISTER**

St. Thomas Catholic School
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