



THE UNIVERSITY OF ARIZONA  
**Cooperative Extension**  
Family Engagement

# FEAR-LESS: HELPING CHILDREN MANAGE ANXIETY



Join us for a **VIRTUAL** three-part seminar series called Fear Less! This program offers proven strategies for parents to help their children aged 6-14 to manage anxiety. Over the course of the seminar the UA Cooperative Extension will focus on three primary topics:

- |   |              |
|---|--------------|
| Tuesday, April 7: Identifying Anxiety         | 5:30–7:30 PM |
| Tuesday, April 14: How Children Think         | 5:30–7:30 PM |
| Tuesday, April 21: Productive Problem Solving | 5:30–7:30 PM |

For more information and to register  
scan the QR Code or visit:  
<https://forms.gle/cnVa9EMSXSTA32rv9>



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