

14 July 2022

IT IS OK TO SAY NO

Lots of kids are feeling anxious at the moment – is yours? And do you know how to help them?

The University of Queensland is running a research project for parents of children aged 6 – 14 with CF. The online Fear-Less Triple P workshop includes six modules aimed to provide you with knowledge and skills to assist your child/ren with anxious emotions. Follow this link to find out more or register your interest:

https://uniofqueensland.syd1.qualtrics.com/jfe/form/SV_9GKMxkp35Ng2fiw

Let me know if you have any questions or would like to talk about the project, if you can help us out it would be very much appreciated!

Further information can be found within the two links below:

[INFORMATION BROCHURE >](#)

[PARENT INFORMATION SHEET >](#)

Warm regards



Jo Armstrong
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Cystic Fibrosis Australia