

COOL KIDS ANXIETY PROGRAM

A small group program for managing anxiety.

Accredited Facilitator: Kate Brown

Topics include:

- Learning about feelings and anxiety
- Detective thinking and learning to think realistically
- Ways that parents can help
- Fighting fear by facing fear (stepladders)
- Learning to problem solve

For kids
aged 7-9

Places
limited

STARTING
THURSDAY, 4 MARCH 2021
4.30-5.15PM FOR 8 WEEKS

Cost \$385 including workbooks

Contact Hopefield Services to book your place
2-4 Tea Gardens Avenue, Kirrawee
Phone 9545 0299

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