

Do you want to boost your daughter's self-confidence & help her navigate friendships?



Date: Saturdays afternoon workshops are held 1.00 - 4.00 p.m. *

Venue: Canning Vale Community Centre - Cnr Waratah & Eucalyptus Boulevard, Canning Vale

About the Program

- ◆ The Life Skills for Kids Programs are specialised resilience programs for children designed to help prepare them to manage life stresses better by teaching them both **emotional coping skills and relationship skills**.
- ◆ The groups are facilitated by experienced registered clinical psychologists, and have been operating since 2002
- ◆ This program is aimed at **10-12 year old girls** to learn skills to manage peer relationships within a supportive small group environment.
- ◆ Based on the latest research, this **Friends & Feelings Workshop** will focus on strategies for managing difficult feelings and relationships:
 - Mindful awareness
 - Thought challenging
 - Friendship & communication & perspective taking skills
 - Building blocks of a healthy mind
- ◆ Children who attend the group are of a similar age, with approximately 8-10 children in each group.
- ◆ Places limited – bookings essential.

Fees & Rebates

Workshop fee is \$175

(Medicare & Health rebates can apply to reduce the final cost).

Please note: Medicare Rebates may apply through the ‘Better Access to Mental Health Care Initiative’ if assessed eligible via a GP, private paediatrician or psychiatrist. If seeking a referral via your GP, a ‘GP Mental Health Treatment Plan (items 2700, 2701, 2715 or 2717)’ must be completed (please book a double appointment).

* Please refer to website for upcoming dates.