



### Programs to enrich your child's social and emotional development

**Date:** Saturdays & weekday afternoon during school term \*

**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 all children aged 10-12 years, including those experiencing bullying, friendship problems, low self-confidence or difficulties with emotions such as sadness, anger or anxiety, within a supportive small group environment.

◆ The **Life Skills for Kids - Mind Skills program** is informed by recent evidence and research in the field of neuroscience about the developing brain of a child. This program teaches children the important skill of mindfulness and involves helping children understand how their brains work, which we know are also important building blocks in the social and emotional development of children

◆ The specific skills covered in the **comprehensive 6 week Mind Skills program** include:

1. Introduction & Mindfulness
2. All about the brain... how our brains work
3. Skills for dealing with feelings
4. Exploring self-talk within ourselves and others
5. Building a healthy mind
6. Review

◆ Children who attend the group are of a similar age, with approximately 8-10 children in each group.

◆ Program includes an initial individual appointment, 6 weekly group sessions, and an individual follow-up appointment to discuss specific feedback about your child in the group.

◆ Places limited – bookings essential.

#### Fees & Rebates

\$580 includes 8 Clinical Psychology Sessions (2 individual sessions & 6 weekly 90-minute group sessions). Medicare & Health rebates can apply to reduce the final cost to \$220 out of pocket.

**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.