

**Is your child in Year 6?  
Are you concerned about  
the transition to high school?**



**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 Group**

◆ 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 children in Year 6 learning skills to prepare for the transition to high school within a supportive small group environment.

◆ Starting high school can be both exciting and worrying for children, this workshop will provide skills and strategies to make the transition smoother.

◆ The specific skills covered this **Transition to High School workshop** include:

- Friendship and communication skills
- How to manage stress and challenging situations
- Thought challenging
- Perspective taking skills

◆ 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.