



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

**Date:** Saturdays & weekday afternoon during each 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.

◆ The programs are aimed at all children aged 6-12 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 specific skills covered in the **comprehensive 6 week social and emotional skills program** include:

1. Identifying & understanding feelings & friendship skills
2. Communication skills & friendship making skills
3. Coping and emotional management skills
4. Helpful self-talk & bullying management strategies
5. Conflict resolution skills – assertiveness & negotiation
6. Review & Celebration

◆ 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, parent information video, and an individual follow-up appointment to discuss specific feedback about your child.

◆ Places limited – bookings essential.

#### Fees & Rebates

\$880 includes 9 Clinical Psychology Sessions (2 individual sessions & 6 weekly 90-minute group sessions & parent information video). Medicare & Health rebates can apply to reduce the final cost to \$409 out of pocket expense.

**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.