

Cool Kids

The **Cool Kids Program** is a structured 10 week, skills-based program that teaches children (8-12 years) and their parents' better ways of managing their anxiety.

The program was initially developed at Macquarie University in 1993 and has been well researched and tested.

Current results indicate the most children who complete the program show significant improvement.

What to expect:

- Have fun and make new friends in a supportive environment.
- Learn new skills and have practice tasks to take home each week.
- Learn how to manage your anxiety so that it no longer stops you from doing the things you like!

Topics covered:

- Learning about feelings and anxiety.
- Detective thinking and learning to think more realistically.
- Ways that parents can help.
- Fighting fear by facing fear.
- Learning to solve a problem.

Building assertiveness and dealing with teasing.

Facilitated by:
Enza Querin Psychologist
(Accredited Cool Kids Facilitator) and
Merran Cunningham Provisional Psychologist



Cost: \$110 per 1.5 hour session*

*If your child has a current GP Mental Health Care Plan in place you will be eligible for a rebate of \$23.70 per session from Medicare.

To register or for further enquires:

- email merran@lifecareinnerwest.com.au or
- call Life Care Inner West on (02) 9712 5311

Limit of 6 children per group.