

## COOL KIDS PROGRAM



Does your child have difficulty getting to sleep at night?

Do they worry excessively about things or try to avoid going places that make them anxious?

The Cool Kids Program is a structured, skills-based program that teaches children and their parents how to better manage the child's anxiety. It involves the participation of both children and their parents, and focuses on teaching clear and practical skills. The program was developed by the Macquarie University in 1993 and has undergone continual scientific evaluation and development to include the latest understanding of anxiety and its treatment. For more information about the Cool Kids Program you can visit the website: [www.centreforemotionalehealth.com.au](http://www.centreforemotionalehealth.com.au).

Topics covered in the program include:

- Learning about feelings and anxiety
- Detective thinking, and learning to think more realistically
- Ways that parents can help
- Fighting fear by facing fear (stepladders)
- Learning to solve a problem
- Building assertiveness and dealing with teasing

The course is offered 2 hours per week over an 8 week period.

**PARTICIPANTS:** Children aged 7 -12 years and their parents (one or both parents welcome)

**DAYS:** Term 3 2019, Wednesday evenings, starting 31st July

**COST:** \$400\* (Cost includes dinner for children, tea/coffee for parents and course materials)

**TIME:** 5:30 - 7:30 pm      **VENUE:** 25 Rae Street, Belconnen      **CLOSING DATE:** 17th July

**BOOKINGS:** Email: [debbie@calmerwaters.com.au](mailto:debbie@calmerwaters.com.au) OR Phone: Debbie on 0450 607 717

\*A Medicare rebate of \$152 is available in conjunction with a Mental Health Care Plan obtained from your GP.