

COURAGEOUS KIDS

Do you know a child aged 8 -10 who....

- Is often overcome with fear and worry, even in familiar situations?
- Struggles with change?
- Has low self esteem?
- Experiences levels of stress that prevent the enjoyment of everyday activities?

Anxiety is Australia's most common form of psychological disorder, affecting up to 20% of children and teenagers. If a child's anxiety is not addressed, it can significantly interfere with development and learning. It can also lead to serious problems in later life, such as social isolation, underachievement and depression.

COURAGEOUS KIDS is an early intervention and anxiety prevention program that helps children and their families build effective strategies to deal with worry, stress and change.

COURAGEOUS KIDS supports kids aged 8-10 who need practical help to develop better self-esteem, problem solving, self-expression and relationships with peers and adults.

In 9 weekly sessions, small groups of children are guided toward a more confident future by a qualified Clinical Psychologist. **COURAGEOUS KIDS** is a health service and children who participate may be eligible for private health insurance or Medicare rebates

"Our son really enjoys coming to the sessions every week and I think... the whole family is learning/reinforcing strategies which will help us in many aspects of our lives."

Courageous Kids parent - Kids First Children's Services 2011

COURAGEOUS KIDS at Kids First Children's Services

Bookings open now for Term 1 – Tuesdays 4.00pm – 5.00pm

Facilitator – Dr Veronica Harris – Clinical Child Psychologist

BA(Hons)(Macq.), D.ClinPsy(Lon), PGDip(Dist)(UEL), MAPS



**For more information or to book a place
call Kids First Children's Services on 9938 5419 or
visit www.kids-first.com.au**