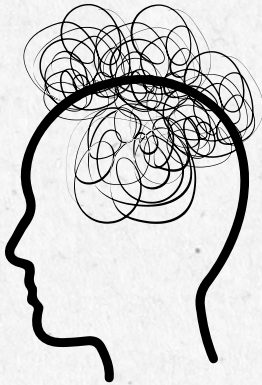


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Cool Kids Anxiety Program



The Cool Kids Anxiety Program is a structured 10 session program run over a minimum of 10 weeks that teaches children and their parents how to better manage a child's anxiety.

The Program is based on Cognitive Behavioural Therapy (CBT), involves the participation of children and parents, and focuses on teaching practical skills. Topics covered in the Program include:

- Learning about anxiety
- Learning to think realistically
- Parenting an anxious child
- Facing fears using stepladders, and
- Learning coping skills such as assertiveness or problem solving.

Cool Kids was developed by Macquarie University and has been running since 1993. The Program has undergone continual scientific evaluation and development to include the latest understanding of anxiety and its treatment. It has been translated into a number of languages and today, is used in clinics, schools and hospitals around the world.

We are currently accepting registrations of interest for the group.

To register interest contact:
T: 1800 372 000 (Option 2)
E: triage@familyservices.org.au