



# COOL KIDS - FAMILY PROGRAM FOR CHILDREN'S ANXIETY

**We are offering a family group therapy and skills development program for children between the ages of 9-11, experiencing anxiety symptoms. The program will run for 9 weeks (2 hours per week) and at least one parent/caregiver must attend.**

The group is facilitated by a number of provisionally registered Psychology students, under the supervision of a Senior Registered Psychologist. Please note that this program is only offered at Sydney Campus.

The program covers:

- What is anxiety and what causes it?
- How to recognise anxiety and what is happening when anxiety is present.
- Learning and practicing skills to face anxiety in everyday life.
- Managing emotions connected with anxiety.
- Building a range of coping strategies.

Once your attendance on the course is confirmed you will be asked to purchase a program manual, you can view it at [shop.centreforemotionalehealth.com.au/product/cool-kids-anxiety-program-2nd-edition-workbook-set-child-and-parent/](https://shop.centreforemotionalehealth.com.au/product/cool-kids-anxiety-program-2nd-edition-workbook-set-child-and-parent/)

**If you are interested in registering for the group, please contact us on:**



**02 8236 8070**



**psychclinic@clinic.acap.edu.au**



**Level 11, 255 Elizabeth Street, Sydney**  
Open 9am - 5pm Monday - Friday