

# Peaceful Kids

“Peaceful Kids” is a Mindfulness and Positive Psychology based program to lessen anxiety and stress and increase resilience in children.

This program is for primary-school children who suffer from anxiety (does not need to be diagnosed) and gives children the skills, practice and support to utilise coping strategies that lessen the symptoms of anxiety and stress.

This program helps children to build their emotional resilience so they are better equipped to deal with the day to day stresses that life brings them.



For more information about the eligibility criteria or to make a referral please call Alana Weekes on 8878 3805 or  
email: [aweekes@each.com.au](mailto:aweekes@each.com.au)

*Please note: the facilitators of the program need to meet both the parent and child being referred **PRIOR** to the group starting to ensure the program is suitable*

**WHO:** TERM 2 – This program is for children in Grade 2, 3 and 4

*(please note: only one child per family and one child per school accepted into the program)*

**DATES:** Tues 8<sup>th</sup> May – 26<sup>th</sup> June  
(8 week program)

**TIME:** 4-5.30pm

*Parent/carer involvement is scheduled at the end of each session from 5.15pm.*

**WHERE:** 14 Silver Grv, Nunawading

**COST:** Free

This program is funded by the City of Whitehorse and is supported by funding from the Australian Government under the PHN Program