

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.



To register your interest please leave your details with the

Bronte Allen on 9871 1802

or

email:

youthandfamilyvic@each.com.au

WHO: This program is for children that completed Grade 2-6 in 2017 **AND** who suffer from anxiety (does not need to be diagnosed)

DATES: Tues 9th Jan, Wed 10th Jan
Tues 16th Jan, Wed 17th Jan

TIME: 9.30am – 12pm

WHERE: 14 Silver Grv, Nunawading

COST: Free (morning tea provided)