

## Kids and Teens School Holiday Workshops

1) **Finding Friendships** is a 2 x 2hr group program designed to help young people develop the confidence and skills required for healthy friendships and tackle more complex relationships. This program will develop resilience, strength and self-esteem, and explore bullying concerns and fears.

2) **Confident Kids** is a 2 x 2hr group program designed to help young people develop the strength and skills to succeed at home and school. This is a CBT-based group aimed at enhancing resilience and emotional coping skills in young people including skills for anxiety and stress and social skills.

**Facilitator:** **Amelia-Rose** is a registered psychologist with a fun, warm and compassionate approach to working with young people, making it easy for her to relate to youth of all ages. Amelia combines this with her experience as a school psychologist to provide tools to help young people succeed in different aspects of life.

### WHEN:

Finding Friends 8-12years 10am to 12pm Mondays 26/06; 03/07  
Finding Friends 13 -15 years 12:30pm - 2:30pm Mondays 27/06;  
4/07

Confident Kids 8-12 years 10am - 12pm Tuesdays 29/06; 06/07  
Confident Kids 13-15 years 12:30pm - 2:30pm Tuesdays 30/06; 07/07

### WHERE:

CBT Professionals, Coomera Clinic, 2 Fortune St, Coomera;

### WHO:

Children Aged 8 to 12 years old and 13 to 15 years old

### COST:

\$80 per course [2 hrs x 2 weeks]; Medicare rebates may apply

### BOOKINGS:

To secure your place in the group, \$80 is required at the time of booking.



## FOR BOOKINGS

Please see Reception or  
Phone 5551 025