

No Scaredy Cats

WHAT'S THE PROGRAM ABOUT?

No Scaredy Cats program is for parents/carers of children 0-12 years providing support with strategies to help you reduce anxiety and build resilience in your children.

It is a child development program that aims to support you and your child through the ups and downs of life. It is what we call a 'parent-led' approach.

WHAT CAN YOU EXPECT?

This program will give you a greater understanding of the increasing levels of anxiety in children and provide some strategies to manage it.

It shows you how to take on the role of being a coach in your child's life, and are able to help guide them through emotional distressing episodes, making and keeping friends, better concentration at school and able to calm down when upset or angry.

WHAT WILL YOU LEARN?

No Scaredy Cats is based on three fundamental perspectives for parents to:

- Understanding of how anxiety develops in your children & how to offset its progress
- Take a preventative role in the development of anxiety problems
- Learn practical steps to develop resilience thinking skills.

WHAT PEOPLE ARE SAYING ABOUT THE PROGRAM

"I found this group interesting and the content relevant."

The course runs for three weeks for two hours each week.

COST: Free

CONTACT: Alison Smith

Bookings are essential

For further information on any of our programs or workshops, please call 9:30am-4:00pm, Monday to Friday **(02) 4720 6500** or ask at reception.

Childminding is available at various times.