



# Healthy Connections

## CLINICAL PSYCHOLOGY

• Individuals • Couples • Families • Groups •



## Cool Kids<sup>®</sup>

The **Cool Kids<sup>®</sup>** anxiety management program will run in Term 2 for primary school-aged children in Years 3-6. Spaces are limited and reservations are required. A Medicare rebate may be available. For further information or to reserve your spot, contact us at 4739-9786 or [info@hccp.com.au](mailto:info@hccp.com.au)

### What is Cool Kids<sup>®</sup>?

Developed at Macquarie University, Cool Kids<sup>®</sup> is a scientifically-based anxiety management program for primary school-aged children in Years 3-6 (and their parents or carers). It focuses on how to recognise and effectively manage anxiety using fun and practical strategies. Studies show that children who complete this program demonstrate a significant improvement in school attendance, academic achievement, and confidence. This structured program is offered over 10 weeks during Term 2 2021. Cool Kids<sup>®</sup> is facilitated by an experienced Clinical Psychologist with a special interest in children's mental health and wellbeing.

### Dates: 10 Saturdays:

24 April  
1 May  
8 May  
15 May  
22 May  
29 May  
5 June  
12 June  
19 June  
26 June

### Time: 9:30 – 11:30 am

**Cost:** \$850 (Medicare rebate available, up to \$326)

**Location:** Shop A 134B  
Great Western Highway  
Blaxland, NSW 2774

