



## Cool Kids: a program for children aged 8-12 years and their parents and carers

**Cool Kids is a group program for children aged 8-12 years with anxiety, which children and their parents/carers attend together. The program uses Cognitive Behavioral Therapy to help children and their carers to better understand anxiety, and develop strategies to manage anxiety.**

Both children and carers must be able to attend 10 weekly sessions (after school hours) in a group of approximately 6 families led by two clinicians from CatholicCare.

Cool Kids has been developed for children who experience anxiety for a range of reasons. However, the program is generally not a suitable option for children who have experienced trauma, or who have additional mental health difficulties that could impact their ability to take part in the group.

**Interested in attending?** Please call CHN on 02 6287 8066 to book an assessment.



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