



## Cool Little Kids: a program for parents and carers of children aged 3-6 years

Cool Little Kids is an evidence-based, group program for parents and carers of younger children (children do not attend the group). The program helps parents and carers to better understand the causes and consequences of anxiety, and use Cognitive Behavioral Therapy strategies with their children to manage feelings of anxiety.

Parents and carers must be able to attend 6 weekly sessions in a group of approximately 6 families led by two clinicians from CatholicCare.

Cool Little 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.

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

**phn**  
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