

Cool Kids Anxiety Group Program



What is Cool Kids?

Cool Kids is a structured group program that assists kids develop the tools to manage anxiety. The program also gives parents strategies to support their anxious kids.

What should I expect?

Cool Kids is a nine week program running from week 1 to week 9 of the school term. In term 4, Cool Kids will be run on Tuesdays (9-12 year olds) at Mura Lanyon Youth and Community Centre In Condor (southside) and Wednesdays (9-12 year olds) at Favier House in Braddon (northside) from 3:30-5:00pm.

Who runs Cool Kids?

The program is delivered by two accredited psychologists from Marymead-CatholicCare.

What is the cost?

The program is free.

Is my child suitable?

If your child's primary difficulty is anxiety, this program is likely for you! The program is generally not a suitable option for children who have experienced trauma or who have complex behavioural challenges.

Interested in attending?

Please call our intake team on 02 6162 6111 to book an assessment!