



Cool Kids at the University of Canberra

For 6-12 year olds

Helping families manage anxiety

The Cool Kids program is a scientifically tested course from Macquarie University that teaches children and their parents how to better manage their anxiety. It is a ten week group program run by trained provisionally registered psychologists, involving the participation of both children and their parents/guardians, and focuses on teaching clear and practical skills. It is run three times per year during school term.

Topics covered in the program include:

- What is anxiety?
- Me and my anxiety
- Learning about feelings
- Detective thinking, and learning to think more realistically
- Fighting fear by facing fear
- Learning to solve a problem
- Why be a confident person?
- Dealing with teasing

Who runs the program?

The program is facilitated by Psychology Clinical Masters students under the supervision of Dr Vivienne Lewis, a fully qualified Clinical Psychologist on staff at the University. This program forms part of the clinical training of students to become psychologists working with families. The program is run on a Wednesday or Thursday night 5-7pm.

What do I do now?

If you are interested in participating in the Cool Kids program, or would simply like more information, please call the Faculty of Health Clinic on 6201 2883 to register your interest and a student facilitator involved in the program will contact you. An interview with students involved in the program may then be set up for your family to determine if the program is suitable for you. For more information about the Cool Kids Program you can access the website: www.centreforemotionalhealth.com.au

Cost is \$475 (\$425.00 concession) for the whole program plus \$15 for an initial interview to assess suitability. If the program is not suitable for your family you will be offered alternative individual therapeutic sessions.

Please visit our website for parking instructions.

<http://www.canberra.edu.au/healthclinic/home>