Cool Kids at the University of Canberra
For children aged 7 to 12 years
The Cool Kids program is an evidence-based program from Macquarie University that uses Cognitive Behavioural Therapy to teach children and their parents how to better manage anxiety. It is a ten-week group program run by provisionally registered psychologists under the supervision of a Clinical Psychologist. The program involves the participation of both children and their parents/guardians and focuses on teaching practical skills.

Topics covered in the program include:
- What is anxiety?
- Parenting an anxious child
- Detective thinking and thinking realistically
- Fighting fear by facing fear
- Managing emotions
- Dealing with teasing

Who is the program suitable for?
The Cool Kids program has been designed for children aged seven to twelve years who have an anxiety disorder. The program is generally NOT suitable for children whose anxiety may be the result of experiencing trauma, or those with additional psychiatric conditions that may impact on their ability to benefit from the program. All families who participate in the program have been carefully screened to ensure that they are suitable for the program in order to maximise the opportunity for positive outcomes.

What do I do now?
If you are interested in participating in the Cool Kids program or would like more information about the program, please call the Faculty of Health Clinics on (02) 6201 5843 to register your interest and fee information. One of the Provisional Psychologists in the clinic will contact you to provide further information and arrange a screening interview. Participation in a screening interview is compulsory to determine your child’s suitability for the program.