



TERM 1 PROGRAMS 2022

Grief & Loss group

A 6-week program for children who have experienced significant loss or change in their lives

'Supporting your child through grief and loss' group

A group for parents, run at the same time as grief and loss groups.

Tuesday February 22nd – March 29th, 3.45 – 4.30pm

Relax Kids group

A 6-week program teaching children techniques for relaxation, mindfulness and stress management in a fun and creative way

Monday February 21st - March 28th, 3.45 – 4.45pm

Tuning into Kids Parenting group

A 6-week emotion coaching program for parents of primary-school aged children, learning to help your child regulate emotions and manage stress.

Tuesday February 22nd- March 29th, 10am – 12pm

Koala Klub Supported Playgroup

Wednesday 10am-11.30am

**Please call our friendly team on
5625 1901 for more information.**

**Counselling,
Play Therapy &
Family therapy
appointments
available**