



## TERM 1 PROGRAMS 2023

### **Mindful Kids**

A 6-week program teaching children techniques for understanding and managing their worry and stress in a fun and creative way.

For ages 6-10 yrs.

Tuesdays starting 21 February 2023, 3:45pm – 4:45pm

Cost: \$300 per participant (\$150 concession)

### **Resilient Kids**

A 6-week program for children of parents who have mental health challenges. Children will be supported to develop resilience skills.

For ages 8-12 yrs.

Wednesdays starting 22 February 2023, 3:45pm – 4:45pm

Cost: Free pilot program

### **Tuning in to Kids**

A 6-week program for parents of children aged 5-12 yrs, teaching parents how to help their children develop emotional intelligence.

Mondays starting 20 February 2023, 10am – 12pm

Cost: Free

Individual  
therapy  
also  
available

Places are limited,  
please call our  
friendly team on  
5625 1901 for more  
information.

Wesley Kids  
88 Allied Drive,  
Arundel QLD 4214