

STRESS BUSTERS!

Anxiety management and wellbeing program
for kids and young people



"I learnt how to deal with
my worries using different
breathing techniques!"

- Vanessa, grade 3

Would your child benefit from:

- understanding how their emotions work?
- learning how to manage those big emotions or anger outbursts?
- strategies to build their resilience in difficult situations?
- developing practical tips and tricks to help calm themselves?

Stress Busters! is a free program of 4 x 1-hour sessions, delivered in small groups or in one-on-one sessions.

For more information please call Kate McKernin on 0434 807 266.