

# Anxiety Management

## Program for Kids

Cool Kids is a structured, 10 week program that teaches children and their parents how to better manage a child's anxiety. The program is based on Cognitive Behavioural Therapy (CBT), involves the participation of children and their parents, and focuses on teaching practical skills. The topics covered in the program include:



**Learning about anxiety**

**Learning to think realistically**

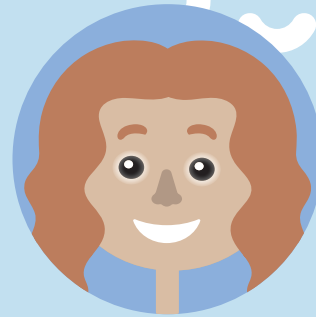
**Parenting an anxious child**

**Facing fears using stepladders**

**Learning coping skills such as assertiveness or problem solving**

**Does your child experience excessive worry, fear or shyness?**

**Does anxiety prevent your child from participating in activities at school or socially?**



The Cool Kids program was developed by Macquarie University and has been running since 1993. The program has undergone continual scientific evaluation and development to include the latest understanding of anxiety and its treatment. It has been translated into a number of languages and today, it is used in clinics, schools and hospitals around the world.

**Who is Cool Kids designed for?**

The Program is designed for children:

- Who are 7-17 years old
- Where anxiety is currently the main problem and it is significantly affecting his or her day-to-day life

It may not be suitable if your child:

- Is significantly below in literacy or is not in mainstream class placement
- Has changed medications in the last 2 months

**Who are the facilitators?**

I started my working life as a nurse, training at St Vincent's Hospital in Melbourne. When my three daughters were young I transitioned to education, assisting special needs students in mainstream schools. I have had 25 years' experience working with children in kindergarten, secondary and primary schools with a variety of disabilities. I have further qualified to facilitate groups for grieving children, social skills groups and working one on one with children experiencing challenges in their lives. I am passionate about supporting children's wellbeing and was thrilled to be accepted to become accredited to run the Cool Kids Program. I look forward to working with you and your child, developing strategies which can ease anxiety and lead to a happier life for your family.



**Gail Child**

e [worryweeders@gmail.com](mailto:worryweeders@gmail.com)  
n 0438 821 158



**Patricia Boscolo-Pitrone**

e [worryfreekids@gmail.com](mailto:worryfreekids@gmail.com)  
n 0431 456 548

I began my years of study with BA in Psychology with qualifications in Spanish and Italian. My experience involved working with multicultural communities, ESL and refugee children in an Educational setting. After I raised my family of 2 boys, I returned to the workforce 12 years ago and continued my passion to support students with disabilities. My focus has been on working with children with mental health disorders: Generalized anxiety and Autism. I have also supported students with behavioural and social skills difficulties. I am passionate about tackling anxiety at an early age, so children can gradually build confidence to deal with life's challenges. My goal is for children to look forward to life's wonderful experiences with enjoyment not fear.

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