



# Can't Face School Online Support Group

**New School Year. New Habits. Fresh Start.**

**When: Thursday 26<sup>th</sup> February 2026**

**Time: 7pm via Zoom**

Join us for a series of supportive sessions designed to empower families navigating school refusal or school avoidance.

Each session explores a different theme, offering practical tips and easy to use strategies, whether it's understanding what's really behind school avoidance, easing anxiety, building new routines, or setting achievable, child-centered goals.

Families will find a safe, welcoming space to connect with others, reduce feelings of isolation, and gain tools that create calmer mornings, stronger confidence, and nurturing spaces for children to feel understood and supported.

Together, we focus on building hope, connection, and practical steps forward

Contact Alison at:  
[alison.ford@salvationarmy.org.au](mailto:alison.ford@salvationarmy.org.au)  
or phone/text 0437 028 256  
to receive the Zoom link.



Please Note:  
This is an adults only event.

