PROGRAMS FOR PARENTS & CARERS

(any age)



1

PARENTING CHILDREN WHO WORRY

Practical skills to help children manage their worries and develop a good understanding about worry and its common causes in children (any age)





3

BRINGING UP GREAT KIDS

A reflective program to increase understanding of children's emotional development (age 0-10)







TUNING IN TO KIDS TUNING IN TO TEENS

SEMINARS & PROFESSIONAL DEVELOPMENT

A variety of excellent seminars and workshops for parents & professionals

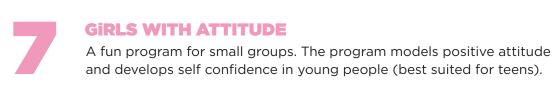
- Bringing Calm to Anxiety
- Meltdown to Calmdown
- Tailor-made programs designed for your specific needs

PROGRAMS FOR CHILDREN & YOUNG PEOPLE



STAR EDUCATION PROGRAMS

STAR is a series of 3 specialised education programs for the whole class. STAR inspires positive relationships, mental health & well being. STAR develops emotional management, resilience and social management





8

SEASONS FOR CHANGE

A long standing program focusing on working through grief and loss issues with children (any age)



Colour' n' Chill mindfulness programs

A calming activity-based program teaching mindfulness and calming strategies children can use daily

