

Mind Master

Shepparton



Mind Master is a six week program for children between the ages of 7 and 12 that provides a space for children to explore positive and negative thoughts, emotions and worry and to learn strategies to manage negative thoughts.

The program begins with a parent session to familiarise parents with the program

Term 3, 2019

Parent Session

When: Tuesday 23rd July 2019
Time: Session: 5.30pm - 7.15pm

Childrens sessions

When: Mondays, 29th July - 2nd September 2019 (6 weekly sessions)
Time: Session 3.45pm - 4.45pm
Where: CCS Family and Relationship Services, 68 Wyndham Street, Shepparton
Cost: Free
Facilitators: CCS Family and Relationship Services

Groups are subject to maximum and minimum numbers determined seven working days prior to start date. Please register early