

Peaceful Kids program

'Peaceful Kids' is a Mindfulness and Positive Psychology based program to lessen anxiety and stress and increase resilience in children. The program gives children the skills, practice and support to utilize coping strategies that lessen the symptoms of anxiety and stress. The program also involves parental involvement and commitment to supporting the strategies at home.



Outcomes of the Peaceful Kids program:

- Lessen symptoms of anxiety and stress in children
- Teaches children to self-calm
- Empowers children to manage their own anxiety
- Develops emotional intelligence skills
- Teaches children life-long skills to manage stress and prevent stress build up
- Supports children so they know that they are not alone with suffering from anxiety

Program structure:

- Peaceful Kids is an 8 week group program for children
- Sessions are for 45 mins each week.
- Sessions include learning a range of mindfulness strategies and meditations and positive psychology exercises.
- Students are guided through meditations daily online via the Peaceful Kids website: peacefulkids.com.au
- Places are strictly limited
- Cost - \$260



Next group to be held at St Finbars:

Term 2, 2019, Every Thursday morning for 8 weeks

8.00-8.45am

Start date to be confirmed

Bookings:

Please email angie@mastermindscounselling.com.au to express your interest

More information on the Peaceful Kids program: www.peacefulkidsclasses.com

