

# Resilient Kids

Resilient kids is a program for children aged 7 to 13 years old.

The program aims to:

- develop resilience
- increase ability to cope
- provide opportunities for self-expression
- increase self-esteem
- reduce feelings of isolation
- enhance kids communication abilities
- increase skills to cope with change

**WHEN:** Wednesday's 20th & 27th  
February, 6th, 13th & 20th March  
2019

**TIME:** 3:30 — 5:00pm

**WHERE:** Centacare NENW  
48 Auburn Street, MOREE

**RSVP:** Contact the Family Rural  
Resilience Program on  
**67508500**



\*All program participants will need to be registered for Holistic Family Support to access our free services including groups.

This program is funded by the Australian Government Department of Social Services

