

# Resilient Kids

Resilient kids is a 5-week program for children aged 9-11 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

**FREE**

**WHEN:** Friday June 2nd &  
Wednesday June 7, 14, 21 & 28  
**TIME:** 3.30 – 5.00pm

**WHERE:** Centacare NENW  
For more info, or to register  
your child, call the Family  
Rural Resilience Program on

**6738 7200**

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

This course will be cancelled 7 days prior to the commencement date if there aren't enough registrations.

Centacare NENW acknowledges the traditional custodians of this land, and pays respect to the elders past and present.



An Australian Government Initiative



**Centacare**  
New England North West  
*Rural Resilience*