

School Holiday Activities Term 3 2026

The Loddon Children's Health and Wellbeing Local is offering one-hour sessions on topics for building skills in relationships and wellbeing during the September school holidays. Sessions are free and open to children 4-11 years of age.

The sessions are fun, educational and a safe space to explore the topics listed below. You will gain skills to apply at home to help build confidence with these topics.

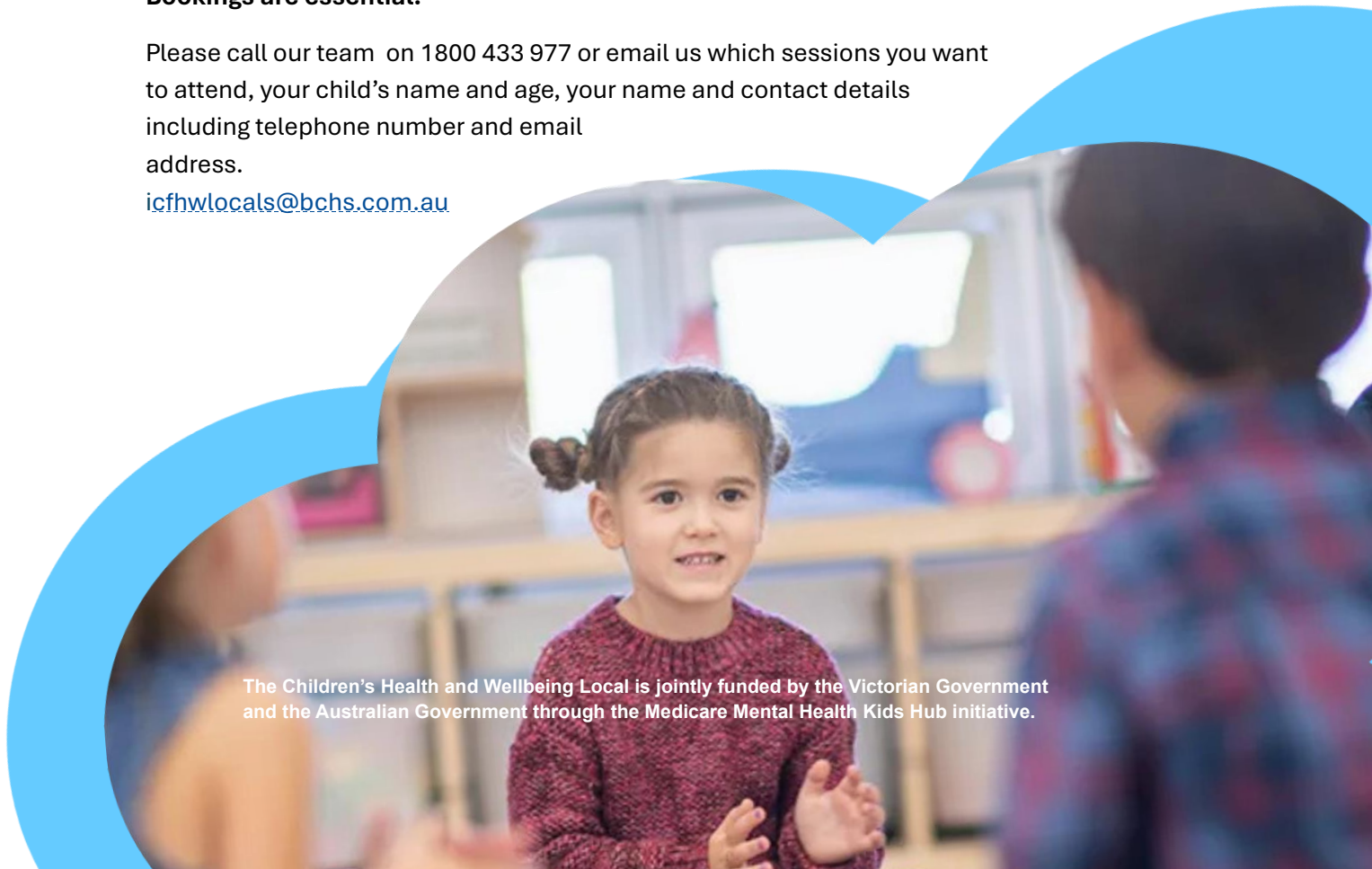
Groups are small: five children with one parent per child attending.

Date	Time	Topic
Monday 21 st September	1030am – 1130am (4-6 year old)	MAGNIFICENT ME - Learn to celebrate your unique qualities and build your self-esteem.
Wednesday 30 th September	1030am – 1130am (4-6 years old) 130pm – 2.30pm (7-11 years old)	MANAGING FEELINGS – learning about what happens in your body when you have big feelings, what you can do to help yourself cope.
Friday 2 nd September	1030am – 1130am (4-6 years old) 130pm – 2.30pm (7-11 years old)	BUILDING SOCIAL SKILLS – Learn about friendships, what is helpful when boundaries might be needed

Bookings are essential:

Please call our team on 1800 433 977 or email us which sessions you want to attend, your child's name and age, your name and contact details including telephone number and email address.

icfhlocals@bchs.com.au



The Children's Health and Wellbeing Local is jointly funded by the Victorian Government and the Australian Government through the Medicare Mental Health Kids Hub initiative.

