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Cool Kids group information - Term 1, 2026

When:	Commencing Wednesday 4 March 2026 – 4.30 pm to 5.45 pm (see page 2 for all the date details)
How:	<ul style="list-style-type: none"> • A small group of 4-5 children • 2 online parent/caregiver sessions • Pre & post-group questionnaires to track progress
Who is this for?	<ul style="list-style-type: none"> • Children experiencing anxiety that is impacting their daily functioning • Children who can engage in a small group setting with unfamiliar peers
Key skills covered in the group:	<ul style="list-style-type: none"> • What anxiety is & why we experience it (normalising & validating anxious feelings) • How thoughts, feelings & behaviours are connected • How to notice & question worried thoughts using a detective approach • Strategies to calm the body & manage physical feelings of anxiety • How to gradually face fears in small, manageable steps
What the group involves	<ul style="list-style-type: none"> • 10 weekly group sessions for the children (apart from any scheduled breaks) • 2 parent-only group zoom sessions to support you in learning the Cool Kids skills • An expectation that parents will practice the Cool Kids strategies with their child between sessions • Parent attendance is required for all listed sessions <ul style="list-style-type: none"> ■ 7-8 year old group: parent attendance at every session ■ 9-11 year old group: parent attendance required for sessions marked in red, with additional parent sessions added if needed based on the group's progress with skill practice
Program costs:	<p>Upfront fee: \$205 (payable before the program begins), which covers:</p> <ul style="list-style-type: none"> • Two parent-only Zoom sessions • Parent & child workbooks (valued at \$49.95) <p>Child group sessions: \$85 per session</p> <ul style="list-style-type: none"> • Medicare rebate available: \$25.25 per session (with GP referral) <p>Missed sessions:</p> <ul style="list-style-type: none"> • If your child requires an individual make-up session, the cost is \$232 per session • Medicare rebate available: \$98.95 (with GP referral) <p>Cost comparison:</p> <ul style="list-style-type: none"> • Individual parent or child sessions are typically \$232 per session • Participating in the group program offers an approximate saving of \$800 compared to the same number of 1:1 sessions (with a GP referral, or more without) <p><i>Please note: if a session has fewer than 3 participants, the group Medicare rebate cannot be claimed, & the fee will remain \$85 per child.</i></p>

NOTE: All group sessions are on Wednesdays, except for the parent-only Zoom meetings

Dates & times	Session information
Session 1 4 March 2026 4.30 - 5.45 pm	Getting started <ul style="list-style-type: none"> • Introductions & get-to-know-you activities • Understanding anxiety: what it is, why we experience it, & how it shows up in the body
Parent-only Zoom Tuesday 10 March 7.30 - 8.30 pm	Parent-only Zoom 1 <ul style="list-style-type: none"> • Overview of what your child is learning & how you can support them at home
Session 2 11 March 2026 4.30 - 5.45 pm	Body-based strategies <ul style="list-style-type: none"> • Learning about the body signals of anxiety, & some strategies to relax the body
Session 3 18 March 2026 4.30 - 5.45 pm	Thinking strategies <ul style="list-style-type: none"> • Understanding thoughts and the link between thoughts, feelings, & behaviours • Identifying realistic & unrealistic (worried) thoughts
Session 4 25 March 2026 4.30 - 5.45 pm	Detective thinking <ul style="list-style-type: none"> • Learning to question worried thoughts using “detective thinking”
Session 5 - Parents required 1 April 2026 4.30 - 5.45 pm	Facing fears gradually <ul style="list-style-type: none"> • Introduction to stepladders (gradual exposure) • Start creating your 1st stepladders
Session 6 22 April 2026 4.30 - 5.45 pm	Reinforcing skills & planning practice <ul style="list-style-type: none"> • More detective thinking practice • Building & practicing stepladders
Parent-only Zoom Tuesday 28 April 6.30 - 7.30 pm	Parent-only Zoom 2 <ul style="list-style-type: none"> • We will explore additional strategies and work through any challenges to strengthen your skills
Session 7 29 April 2026 4.30 - 5.45 pm	Refining thinking strategies <ul style="list-style-type: none"> • Understanding ANTs (Automatic Negative Thoughts) • Instant detective thinking - Creating cue cards
Session 8 6 May 2026 4.30 - 5.45 pm	Building confidence <ul style="list-style-type: none"> • ANTs Kahoot game to reinforce learning • Practising additional skills such as assertive communication (or skills tailored to the group’s needs)
Session 9 - Parents required 13 May 2026 4.30 - 5.45 pm	Group problem-solving <ul style="list-style-type: none"> • Troubleshooting challenges and problem-solving together • In-session exposure practice (where appropriate) & planning between-session practice
Session 10 - Parents required 20 May 2026 4.30 - 5.45 pm	Wrapping up <ul style="list-style-type: none"> • Review of key skills • Certificates and celebration of progress