



# Transition to High School

## Being Prepared for Inevitable Changes: Friends, Fear & Freedom For young people about to start high school

**Where:** KYDS Office (rear 265 Pacific Hwy, Lindfield)

**NEXT AVAILABLE OPEN WORKSHOPS:** January 11 or 18, 2017 (10am-2pm)

### Covering:

- Changing peer groups
- Friends – old and new
- Optimal orientation
- Responsible freedom
- Independence & resilience
- Dealing with conflict
- Available support



*Light refreshments provided (please mention any dietary requirements when booking)*

**This is a free program, developed & run by  
KYDS specialist counsellors & psychologists.**

**LIMITED NUMBERS,  
BOOKINGS REQUIRED:**

[www.trybooking.com/NUMZ](http://www.trybooking.com/NUMZ)

**For more information:**

9416 0900 or [counsellor@kyds.org.au](mailto:counsellor@kyds.org.au)

