



TAKE ACTION

ANXIETY MANAGEMENT & SOCIAL SKILLS PROGRAM



SUITABLE FOR: DATES & LOCATION:

Children Aged 8-12 years
(2 day program)

Peakhurst – Tuesday 8/1 & Thursday 10/1

1.30pm – 5.30pm
Learning Links Peakhurst
12-14 Pindari Road, Peakhurst

Maroubra – Wednesday 9/1 & Friday 11/1

1.30pm – 5.30pm
Learning Links Maroubra
Office 2, Level 3, Bowen Library Building
669-673 Anzac Parade, Maroubra

Bella Vista – Wednesday 16/1 & Friday 18/1

1.30pm – 5.30pm
Learning Links Bella Vista
6a/7 Meridian Place, Bella Vista

PROGRAM DETAILS:

Children are taught a range of strategies in the *Take Action* program via a 6-step ACTION plan.

Each letter in the word ACTION stands for a skill children learn.

This is a program which provides children with clear, practical skills to manage anxiety and improve their social and life skills.

By practicing the skills they learn, the participants develop their own action plan to reduce and overcome anxiety.

PROGRAM COST:

Take Action - \$225 (8 hours)

