

# Peaceful Kids

“Peaceful Kids” is a Mindfulness and Positive Psychology based program to lessen anxiety and stress and increase resilience in children.

This program is for primary-school children who suffer from anxiety (does not need to be diagnosed) and gives children the skills, practice and support to utilise coping strategies that lessen the symptoms of anxiety and stress.

This program helps children to build their emotional resilience so they are better equipped to deal with the day to day stresses that life brings them.



To make a referral or for more information please call

Alana Weekes on 8878 3805

or

email:

youthandfamilyvic@each.com.au

**WHO:** Grade 5/6s

**DATES:**

**SCHOOL HOLIDAY PROGRAM**

Tues 9<sup>th</sup> April

Wed 10<sup>th</sup> April

Thur 11<sup>th</sup> April

**TIME:** 9.30am – 12pm

**WHERE:** 14 Silver Grv, Nunawading

(for GPS use “10 Oval Way  
Nunawading”)

**COST:** Free (morning tea provided)

**Please note:** only one child is accepted into the program from each school.

This program is funded by the City of Whitehorse