



Child Anxiety PROGRAM

**A 10-week program
For children with anxiety**

The **Child Anxiety Program** for girls and boys aged 8- 11 years is commencing at **Griffith University Psychology Clinic** (Mt Gravatt Campus) on 4/6/2018.

The program is designed to help children better understand their anxiety and worries, and to assist them in developing effective strategies to cope better at home, school, in social or other situations.

There will be two groups running concurrently, one for the children (10 sessions) and one for the parents (6 sessions). The parent group focuses on how to support your child in understanding and managing their anxiety.

The group runs from **every Monday 4pm – 5pm**, commencing on **4/6/2018 for 10 weeks** (break during school holidays). The cost of the program is an upfront fee of **\$250** (including child and parent workbooks).

To join or find out more contact Griffith University Psychology Clinic on
(07) 3735 3301 or
psych-clinic@griffith.edu.au