

Enhancing Emotional Resilience

For children aged 6 to 8 years

Lakeside Rooms
Groups Programs
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April 2017



A Quick Overview

Weekly 12.30-2.45pm over 5 weeks • Cost: \$80/week

6 to 8 years

(subject to numbers, rebates of \$43.30 may apply)

Commencing: **Saturday 14 October 2017**

What is Emotional Resilience?

Emotional Resilience is an essential skill for all children. It is about feeling in control and believing in one's ability to work through setbacks and challenging situations in a capable, effective manner. This capacity for resilience empowers the child to develop positive coping behaviours, to persist and try again in the face of failure, to bounce back with confidence and develop a healthy self-esteem.

There are many times in children's lives, whether it's facing difficulties at school or at home, dealing with changes within the family like a new sibling or family breakup, moving house or being exposed to more serious situations like natural disasters. As much as we would like to, we can't always protect them from something bad happening or the difficult times and stress in their lives. They need to be emotionally resilient so they can continue to move forward.



Program Details

The aim of this program is to build children's resilience and self esteem by teaching them strategies to cope with emotions (eg. Worry, sadness and anger) and social challenges (eg. Friendship difficulties and bullying) Children will also learn to identify their strengths and how to use these to successfully navigate life's challenges.

This program is offered as a 5 x 2 hour sessions over 5 weeks. Parents are provided weekly briefing throughout the duration of the group.

Program Facilitator

Samantha Cole

Psychologist

Samantha Cole is a Psychologist skilled in assessment and intervention with children and adolescents. Samantha specialises in clinical psychology and can assist with learning, social, emotional and behavioural difficulties in children. Samantha facilitates group programs at the Lakeside Rooms.

To Make a Booking

To book for this particular group session, find out more information or to enquire about other group sessions, please feel free to contact Andrea Armstrong at groups@lakesiderooms.com.au or phone us 5562 0466 or 0430 433 071.