

# Enhancing Emotional Resilience

For children aged 9 to 11 years

Lakeside Rooms  
Groups Programs  
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November 2018



## A Quick Overview

### 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

This program is offered as 2.25 hour session over 5 weeks.

**Cost: \$400.00**

*Medicare rebates of \$43.30 per week available for those with a Mental Health Care Plan and who attend that week's session*

## Where...

This group runs at our Robina rooms:

Level 3 Building 3  
Lakehouse Corporate Space  
34-36 Glenferrie Dr. Robina Qld

**Commencing: Thursday 18 July 2019**  
Weekly 4:00pm – 6:15pm over 5 weeks (subject to numbers)  
Cost \$400.00 (possible rebates up to \$216.50)

## 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 into this group please go to

<https://www.trybooking.com/446812>

To find out more information or to enquire about other groups please feel free to contact us on 55620466.