



# COOL LITTLE KIDS ANXIETY WORKSHOP

**For parents of children aged 3-6 years**

*Wednesdays 10-11.30am starting 24/5/2023*

The Chill Little Kids is a 6 week 1.5 hr small group workshop designed to teach young children, through their parents to build confidence and develop skills to manage their anxiety and other negative emotions as they grow.

The program was developed by Macquarie University and follows a Cognitive Behavioural approach.

Register your interest to this or future workshops and we look forward to helping your child gain confidence today!

*\*\* Please note there is no childcare available \*\**



**Is your child shy,  
worried or  
sensitive?**

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**Do they become  
anxious when  
away from you?**

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**Child less  
talkative/ outgoing  
compared to their  
peers?**

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**Help your child  
build confidence!**

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**Free for children  
living in the  
Shellharbour LGA**

**SOUTHERN YOUTH &  
FAMILY SERVICES**

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