

Cool Little Kids

Anxiety Therapy Program



What is Cool Little Kids?

Cool Little Kids provides parents strategies to support their anxious or extremely shy child develop confidence and resilience. This program is suitable for parents of children aged 3-6.

What should I expect?

Cool Little Kids is a six-week program offered during the school term. Cool Little Kids is a parent only program that will run during school hours for the convenience of parents. Sessions can be attended by one or more parents; in fact, the more the merrier! The next Cool Little Kids group will run over 6 Thursdays from 11:00pm-12:30pm via Teams for ease of access.

Who runs Cool Little Kids?

The program is delivered by an accredited psychologist from Marymead CatholicCare. Cool Little Kids is delivered either through Microsoft Teams or in person, depending on the preference of the group/psychologist.

What is the cost?

The program is free.

Is my child suitable?

If your child's primary difficulty is anxiety, this program is likely for you! The program is generally not a suitable option for children who have experienced trauma or who have complex behavioural challenges.

Interested in attending?

Please call our intake team on 02 6162 6111 to book an assessment!