

After school resilience-building program.

Location

Uniting WA
317 Bagot Road
Subiaco

To register

Call 0482 161 999 or email
ccs@unitingwa.org.au



Our counsellors will be holding an 8-week after school program called *Being BRAVE*. The program will empower young people aged 8 to 11 to be brave in the face of big emotions.

The program will run every Tuesday from 26 July to 13 September 2022 from 3:45pm to 4:45pm.

About the *Being BRAVE* program

Being BRAVE will incorporate creative and mindfulness activities to teach young people to recognise difficult emotions and utilise BRAVE strategies to cope.

What will the program cover?

The program will cover:

- Naming big emotions
- How emotions show up in the brain and body
- Relaxation and mindfulness
- Developing BRAVE thoughts
- Accepting things outside our control.

The cost for the 8-week program is \$220 (inc. GST) per child.

Places are limited so register early to secure a spot.