

**Uniting WA**

Children's Counselling Service

# School holiday workshops.

Our counsellors will be holding two workshops over the school holidays. Both sessions will be held at our children's services hub in Subiaco.

## **Coping tools for kids - Tuesday 5 July, 10am to 1pm**

In this workshop we'll be making fidget toys and grounding tools to help manage uncomfortable feelings.

## **Creative expression - Thursday 7 July, 10am to 1pm**

Art can be a wonderful activity to practise mindfulness and chill out. This workshop is an introduction to art therapy, exploring how creating artwork can help us process and heal after life challenges.



### **Location**

Uniting WA  
317 Bagot Road  
Subiaco

### **To register**

Call 0482 161 999 or email  
[ccs@unitingwa.org.au](mailto:ccs@unitingwa.org.au)

## **Coping tools for kids**

5 July 2022

10am - 1pm

\$90 per child

Ages 8 to 11

## **Creative expression**

7 July 2022

10am - 1pm

\$90 per child

Ages 11 to 13

Places are limited so register early to secure a spot.

Please bring bottle of water and snack.

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