

## Uniting WA

Children's Counselling Service  
school holiday workshop

### Location

Uniting WA  
317 Bagot Road  
Subiaco

### Book via eventbrite

<https://bit.ly/3Ryp1k0>

# Coping with Change



Our Counsellors invite **young people aged 10 to 12** to join our upcoming **Coping with Change** school holiday workshop.

Young people experience many changes in their lives, whether it be their parents separating, moving to a new country, changing schools, or moving to a new house.

Change can be challenging, impacting a person's flow and increasing stress. This stress can be mild and encourage growth, or it can be challenging and take a while to find balance again.

How a young person copes with change can lay the foundations for coping into adolescence or adulthood.

Learning skills to cope with change can help young people to channel their strengths to overcome difficulties, accept things outside of their control and find opportunities for growth.

### Workshop details

**Date:** Thursday 6 October  
2022

**Time:** 10am to 1pm

**Venue:** Uniting WA - 317  
Bagot Road, Subiaco

**Cost:** \$90.00 per person plus  
booking fee

**Book via eventbrite or scan  
the QR code:**

<https://bit.ly/3Ryp1k0>

**Enquiries:** Contact our  
Children's Counselling team  
on 0482 161 999 or email  
[ccs@unitingwa.org.au](mailto:ccs@unitingwa.org.au)



# Uniting



## What will the workshop cover?

The workshop will explore coping strategies through education and group activities. Participants will be encouraged to practise:

- Grounding strategies to increase tolerance to stress
- Understanding the interaction between emotions, thoughts and behaviours
- Mindfulness techniques
- Identifying individual strengths and how to channel these to overcome challenges
- Learning how to deal with things inside and outside our control.

We will create a safe space for participants to learn, feel empowered and have fun.

## Our Counsellors

### Kate Goeree

Kate is passionate about providing a judgement-free space for all young people to be themselves.

Kate takes a collaborative and trauma-informed approach to work with young people.

Kate draws from techniques developed through training in Acceptance and Commitment Therapy, Cognitive-Behaviour Therapy, Interpersonal Therapy, Narrative Therapy and Expressive Arts.

Kate holds a Bachelor of Psychology and a Master of Counselling from Murdoch University.

### Carrie Lane

Carrie is passionate about facilitating healing and growth for children and young people and building their confidence and resilience.

Taking an attachment and trauma-informed approach, Carrie's main aim is to create a safe, non-judgmental space for people to express themselves freely.

In her work, Carrie draws on modalities including Acceptance Commitment Therapy, Cognitive Behaviour Therapy, Gestalt Therapy, Play Therapy and Solution-Focused Therapy.

Carrie holds a Bachelor of Social Work.