

Uniting WA

Children's Counselling Service
after school workshops

Being BOLD.

Location

Uniting WA
317 Bagot Road
Subiaco

To book, visit

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



Our Counsellors invite young people aged **10 to 12 years** to join our six-week Being BOLD after school workshops.

Having confidence and self-esteem can make a huge difference to how young people handle challenges, see themselves, and how they show up in the world.

Participants will learn new skills and strategies at the workshops through confidence and resilience-building activities.

Workshop details

Dates: Every Tuesday for six weeks, starting 18 October and finishing 22 November 2022

Time: From 4pm to 5pm

Venue: Uniting WA, 317 Bagot Road, Subiaco

Cost: \$180 per participant plus booking fee

Booking via eventbrite or scan the QR code: <https://bit.ly/3KXLiWt>

Enquiries: Contact our Children's Counselling team on 0428 161 999 or email ccs@unitingwa.org.au

Places limited to 10 participants. Register early to secure spot.



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The Being *BOLD* workshops will be facilitated in a safe and empowering space where young people will be accepted as they are and encouraged to become the best version of themselves.

Activities

Activities will include:

- Exploration of individual strengths
- Self-compassion and loving kindness meditations and affirmations
- Yoga and movement for body appreciation
- Assertive communication and conflict resolution
- Implementing self-care and gratitude practices.

Meet our Counsellors

Kate Goeree

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

