

# Take Action

## The Take Action Program

### For children aged 8-12 who are experiencing anxiety

The *Take Action* program is based on a decade of quality research on the effective treatment of childhood anxiety. It is designed to equip children aged 8-12 with useful coping skills to assist them in managing anxiety and to build their resilience.

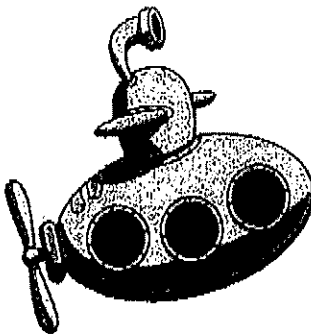
Children are taught a range of strategies in the *Take Action* program via a 6-step ACTION plan.

The program consists of 7 sessions. Each session is 90 minutes in duration with approximately 20 minutes dedicated to sharing skills with parents/caregivers.

Term 1-2 2018 session dates (3:30pm-5:00pm):

1. Monday 26 February
2. Monday 5 March
3. Monday 12 March
4. Monday 19 March
5. Monday 26 March
6. Monday 16 April

7. Monday 23 April



TO REGISTER: CALL THE CLINIC ON 5309 6128

Facilitator: JESSICA CARROLL (Psychologist)

Address: 88 Duporth Ave Maroochydore (close to Ocean Street)

Cost: \$70 per session (Medicare/private health rebates are available with appropriate referral)

