

# 'Cool Kids' Anxiety Program

Anxiety is a problem that can affect people at all ages. Problems related to anxiety are the most common emotional disorders in children and adolescents and affect around 1 in 10 children. When anxiety occurs, it can produce serious difficulties and interference in a child's life and development. There are several different forms that anxiety can take in young people.

If your child experiences any of the behaviours listed below, then the 'Cool Kids' group could benefit your child -

- Often asks many unnecessary questions and requires constant reassurance
- Gets upset when a mistake is made or if there is a change of routine
- Often hesitates to answer questions in class
- Has poor social skills or refuses to participate in activities, like birthday parties
- Has difficulty separating from parents
- Expresses worries about "bad things" happening
- Has worries about school or feels sick when class speeches are necessary
- Often asks questions which begin with "What if ... ?"
- May be perfectionistic, taking excessive time to complete homework
- May have difficulty sleeping, or may want to sleep in parents' bedroom
- May experience regular headaches or stomach aches that have no medical cause
- Be argumentative (but rarely aggressive), if trying to avoid a feared situation

*The 'Cool Kids' group is aimed at the understanding and treatment of childhood anxiety. It has been shown to be highly effective in a number of research studies.*

**Who:** Children 8-12 years & their parents  
**Cost:** \$20 per hour; \$400 for 10 weeks  
**Length:** 10 Weeks  
**Time:** 4-6pm

**Contact:** Joanne Maruri 9904 0776 or  
0413 940 394 for an  
assessment or more  
information