

# STRESS BUSTERS!

Anxiety management and wellbeing program for kids and young people



*"I learnt how to deal with my worries using different breathing techniques!"*

~ Vanessa, grade 3

## Would your child benefit from:

- understanding how their emotions work?
- learning how to manage those big emotions or anger outbursts?
- strategies to build their resilience in difficult situations?
- developing practical tips and tricks to help calm themselves?

STRESS BUSTERS! is a free program of 4 x 45 minute sessions, delivered in small groups or one-on-one.

For more information please call Kate McKernin on 0418 446 692.



Stress Busters! is led by qualified mental health practitioners and delivered by CatholicCare's Family Wellbeing Support Service in partnership with VICSEG and MacKillop Family Services.

[www.ccam.org.au](http://www.ccam.org.au)