



# Next Door Psychology

## KIDS SCHOOL HOLIDAY PROGRAM

Creative Ways To Explore Mindfulness, Emotional Regulation, Relaxation and Gratitude.



### Why Mindfulness?

Studies show that children who engage in mindfulness-based stress reduction, report improvements in behaviour, friendships and school engagement.

### Program Outline:

This program is for primary school aged children. They will be making calm jars, relaxation buddies and creating their very own personalised emotional toolbox.

**COST: \$50.00 per session**

**Dates:**

**Thursday, 2<sup>nd</sup> April 2020 (10.30am to 1.30pm)**

**OR**

**Tuesday, 7<sup>th</sup> April 2020 (1.00pm to 4.00pm)**

Due to this program being a closed group with limited places being available, a full deposit is needed to secure your child's spot in this program.

Program to be paid in full prior to the date.

If you obtain a Mental Health Care Plan from your GP and have a Medicare card, you are eligible for a rebate.

If you are in financial hardship, please ask our reception about a payment plan.



**Please contact our Reception directly on 1300 795 292 to discuss further.**