



# Cool Kids Anxiety Program

Cool Kids is a structured 10 week program that teaches children (7-11 & 12-17 years) and their parents how to better manage their child's anxiety.

The program is based on Cognitive Behavioural Therapy (CBT), involves the participation of children and parents, and focuses on teaching practical skills.

#### Topics covered in the program include:

- Learning about anxiety
- Learning to think realistically
- Parenting an anxious child
- Facing fears using stepladders and
- Learning coping skills such as assertiveness or problem solving.

The Cool Kids program was developed by Macquarie University and has been running since 1993. The program has undergone continual scientific evaluation and development to include the latest understanding of anxiety and its treatment. It has been translated into a number of languages and today is used in clinics, schools and hospitals around the world.

**Cost: \$1,218.40\* + \$35 for workbook**

#### Program fee includes:

- 1 x 1 hour Assessment and Goal Setting Session
- 9 x 1 hour Group Sessions
- 4 hours of Parent Training (consisting of one parents only session plus participation in group sessions with their child)

*\*NDIS Individual funding may be used to pay for this program.*

**Delivered at Autism Queensland Sunnybank Hills  
437 Hellawell Road, Sunnybank Hills**

**Autism Queensland Brighton  
136 North Road, Brighton**

#### For more information:

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