

A group developed by



MACQUARIE
University



autism
queensland

Cool Kids Anxiety Group

A ten-week program designed to help teach children on the autism spectrum (aged 6-12) and their parents how to better manage 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

Learning coping skills

Assertiveness & 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.

**There is a fee for this group.
Please contact us for a quote.**

*Fees for Autism Queensland group programs are charged under the Capacity Building – Improved Daily Living section of your NDIS Plan. If you do not have funding in this specific Support Category, please discuss with your NDIS Local Area Coordinator or phone the NDIS on 1800 800 110.)

For more information about enrolling your child, fees, NDIS funding or other services:

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Cool Kids is delivered at:

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