

CENTACARE KIDS EXPRESS



A GROUP PROGRAM TO HELP CHILDREN MANAGE STRONG EMOTIONS

What is Kids Express?

Kids Express is a group for children aged 6-11 who are having difficulty expressing strong emotions, particularly anger, sadness and frustration. It aims to help children understand, manage and express strong emotions in more positive ways.

Program Design

KE's program design is based on the Feeling is Thinking (FiT) program developed by the Victorian Royal Children's Hospital Mental Health Service Community Group Program.

The groups use individual and group activities including written work, drawing, play, games and group discussion.

Group Composition

The age range for the program is children aged 6 – 11 years of age, however, the program is tailored to children within a two year range of one another and depending on referrals the age range for the group will be 2 years (for example, 6-8, 11-13).

Location

The group will be held on site at the Centacare offices, 35 Tower Rd, New Town.

Group Duration

The program consists of 8 weekly two hour sessions.

Time

The Group will run from 3.00pm to 5.00pm starting on Tuesday 13 March and every Tuesday thereafter for eight weeks. (Excluding Easter Tuesday). A snack will be provided for the children at every session.

Intake and Assessment

Prior to starting the group facilitators interview parents / carers who have been referred. Assessment should establish the needs of the child, any other services assisting the child and whether the child has been exposed to family violence.

How do I find out more?

Contact Robert or Leesa at Centacare on 62781660 for more information.

