

A group of five children, three boys and two girls, standing in a school hallway. They are all wearing backpacks and smiling at the camera. The children are dressed in casual clothing like t-shirts and jeans. A purple banner is overlaid on the bottom left of the image.

**SUITABLE FOR  
AGES 8 - 10 YEARS**

**Prevent and reduce anxiety.  
Learn together as a family.**

 Find us on  
**Facebook**

**Our team brings the evidence-based FRIENDS Programs to WA delivered in a supportive group environment for children and their parents/caregivers.**

**We can help you and your child:**

- **Build resilience**
- **Prevent and reduce anxiety**
- **Enhance social and emotional intelligence - key predictors of academic outcomes**
- **Manage stress in school, the workplace and in relationships**

**ASK US ABOUT  
Medicare or Private Health  
Insurance REBATES**

**TERM 4  
ENROLMENTS ARE CLOSING**

**Location:** Pelican Community Centre  
105 Shenton Road  
Swanourne

**Time:** 12.30pm - 3.00pm

**Dates:** Sunday October 22nd then  
4 consecutive Saturdays:  
Saturday 28th October,  
4th, 11th and 18th November

 **Resilience kit**

Contact us for more information:  
[www.resiliencekit.com.au](http://www.resiliencekit.com.au)  
0481 369 446