



## Let's kick back and chillax!

Mind Wise Psychology Services is offering children between the ages of 7 to 10 years old and their parents a 6-week program targeting skills on how to be calmer.

This group will be running on a weekly basis, of 4 to 6 children. **The earliest start to this group will be in the upcoming June/July school holidays depending on the amount of interest.**

It is encouraged that parents be available and present to attend with their children for at least the first and the last session in this program.

Clients will require a Mental Health Care plan (via their GPs) if they wish to claim a rebate or to ensure eligibility for bulk billing. For child clients who are already seeing someone at Mind Wise, their Mental Health Care plan will automatically cover them for groups.

For further information, please contact Mind Wise Psychology Services admin team on (07) 3800 6701. Referrals for the programs can be faxed directly to (07) 3802 8484, or emailed to [admin@mindwisepsychologyservices.com.au](mailto:admin@mindwisepsychologyservices.com.au)



CALM ☺ EMOTIONS ☺ CURIOSITY ☺ MINDFULNESS ☺ RELAXATION

