



'TOGETHER'

ANXIETY PROGRAM FOR FAMILIES

'TOGETHER' IS A TEN-WEEK PROGRAM FOR CHILDREN AND PARENTS TO ADDRESS ANXIETY

The overall goal of 'TOGETHER' is to teach children and parents to recognise anxious feelings and help develop skills to cope with anxiety-provoking situations. In 'TOGETHER', the psychologist and parent/s work with the child to learn new skills and behaviours.

- » Appointments available Monday, Tuesday and Wednesday.
- » Ages 7 – 13-year-olds and parent/s or caregiver/s.

REGISTRATION FEES

Your initial assessment is free, and you'll have the choice of two payment options for the ten-week program:

- » Early Bird Fee – \$90 for payment on or before first appointment.
- » Standard Fee – \$10 per session paid on the day.

For enquiries or to register please contact:

Trina Attard – Psychology Wellness
Centre 4923 2233

cqu.edu.au/wellnesscentre

Psychologists enrolled in the Master of Clinical Psychology Program provide services that are based on the latest evidence-based practice from current research and best-practice guidelines.



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