



treehouse

Does your child worry about making a mistake or being embarrassed in front of others?

Does your child worry about fitting in with peers or experience friendship issues?

Does your child sometimes sit alone at lunchtimes/avoid interacting with classmates?

Treehouse is a therapeutic program for primary-school aged children, who need extra support with social skills, self-esteem, managing strong feelings and developing resilience.

In Treehouse, we use art, play-based and mindfulness activities to explore worries, feelings, supports and coping strategies.

Children will:

- ✓ Participate and share with others
 - ✓ Play games
- ✓ Do art/craft-based activities
- ✓ Complete their own written and illustrated story book

Only one child from each school is accepted into the program, providing space and opportunity for children to safely explore strong feelings.

For more information or to register your interest, please email: youthandfamilyvic@each.com.au

This program is funded by the City of Whitehorse

Who: Grade 1 & 2 children

Where: Nunawading Community Hub
96-106 Springvale Road,
Nunawading

When: 2024

Dates: (8 sessions in total)

Term 1 2024

Tuesday 12th March - *Get to know you*

Tuesday 19th March - *Strengths*

Tuesday 26th March - *Supportive people*

School holiday break

Term 2 2024

Tuesday 16th April – *Worries & feelings*

Tuesday 23rd April– *Coping with worries*

Tuesday 30th April – *Playing with Others*

Tuesday 7th May – *Friendships*

Tuesday 14th May - *Celebration*

***Please note – participants are to attend all 8 sessions.**

Time 4.15pm – 5.45pm

**Please note: Parent/carer involvement is scheduled at the end of each session from 5.30pm (Sibling-minding provided by facilitators)*

Facilitated by:

EACH Youth & Family Counselling
Team in partnership with FaPMI

- Melanie Fearn (0427 525 946)
- Ash Bond (0435 696 604)

Cost FREE (Please provide a water bottle for your child)