

# NORTHERN CONNECT

FREE FOR  
DEFENCE  
FAMILIES

***Are your children struggling to manage their emotions?***

***Do they need coping skills for dealing with big emotions?***

***Or improved social skills?***

Centacare NQ are currently offering courses to support Defence families at no cost. Children's courses include:



## **Back2Front (5–10 years)**

This program is a 5x 2 hr course for 5–10 year olds to assist them to: develop coping skills; understand how their brain works, identify their emotions and strategies to manage them; understand the physical signs of not coping; develop safe and positive ways of expressing emotions.

## **Kaleidoscope (6–12 years)**

This program is a 5 x 2 hr course for 6–12 year olds to assist them to: discover personal strengths and build self-esteem; identify feelings in themselves and others; have strategies to manage intense feelings; maintain and build friendships; and keeping safe.



For more information call Centacare NQ on 4772 9000

**\*\*\*BOOKINGS ESSENTIAL \*\*\***

Call Centacare NQ (07) 4772 9000 and mention that you are a Defence Family