



JUNAYA

Family Development
Services

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CHILLAX

reflect
confident
attempt
calm
collected
chillaxed
cool
think
COOL
chillax
controlled
stopped

calm
collected
chillaxed
controlled
cool
chillax
attempt
reflect

A Course for KIDs with ADHD

Strength Based, Skills-
Building to Help
Manage Symptoms:

- ▶ Six Sessions

Topics

- ▶ **ONE - Cool**
Understanding cool and un-cool behaviours
- ▶ **TWO - Calm**
Developing skills to self-soothe and calm down
- ▶ **THREE - Collected**
How to focus and concentrate better when doing tasks
- ▶ **FOUR - Controlled**
Developing ways to control angry and violent outbursts
- ▶ **FIVE - Confident**
Developing self-efficacy skills to feel confident & competent
- ▶ **SIX- Chillaxed**
Celebrating achievement & graduation

When:

From: 17 May to 21 Jun 2017

Each Wed: 11:30 - 1:30pm

Duration:

6 x 2hr Sessions

Where:

The Gallery, Doonside Public
School, DOONSIDE 2767

Who:

Children: School Years 4,5 & 6
who have a diagnosis of ADHD

BOOKINGS ESSENTIAL

For further info, expressions of interest & to make bookings,
Please phone: 9621 3922

www.firststepa.centre.com

