

# Chill Skills



Are you aged between **10 and 12 years old**?

Do you sometimes feel anxious, overwhelmed, confused, worried, panicky or unsure?

So you sometimes find it hard to talk about your feelings with others?

Do you miss out on doing fun or important things because your worries and / or your fears?

Would you like to work on building your self-acceptance and confidence in a safe, relaxed and fun environment?

**Chill Skills** could be for you!

**Chill Skills** is an eight-week support program available to young people aged 10 – 12 years' old who may be experiencing anxiety, low mood or worries which may be impacting themselves, school and / or home.

**Chill Skills** is aimed at increasing young people's resilience, confidence and self-acceptance, through group activities and discussions. Young People will learn skills to manage their feelings associated with anxieties or worries.

**Dates:** Thursday's (27 April – 15 June 2017)  
**Time:** 3:45pm – 4:45pm  
**Where:** St Paul's Anglican Church  
273 Dorset Rd, Boronia VIC 3155  
**Cost:** FREE

Places are limited, bookings essential, for more info or to book contact Kate Arnott, Youth Development Worker – Groups on 9298 8868 or [kate.arnott@knox.vic.gov.au](mailto:kate.arnott@knox.vic.gov.au) or Michelle Pascoe, Community Youth Worker on 9298 8311 or [michelle.pascoe@knox.vic.gov.au](mailto:michelle.pascoe@knox.vic.gov.au) Knox City Council – Youth Services.

