

# RAD Kids

Building Resilient & Determined Kids

Innovative Child & Parent Programs From PsyCare

Resilient and determined children are able to adapt and thrive when faced with life's challenges and are less likely to experience emotional, social and behavioural difficulties. RAD Kids is a new strengths based program that teaches children, and their parents, the social and emotional coping skills needed to promote resilience, self-confidence, achievement and positive mental health and well-being.

Key skills taught by the RAD Kids program include:

- Being aware of & focusing on strengths
- Recognising & managing emotions effectively
- Building & maintaining healthy relationships
- Problem solving and conflict resolution

"RAD Kids equips my children with the self-confidence and social & emotional coping skills they need to succeed!"  
Dr Marion Thomas



## Groups Starting Soon!

**What:** 6 x 1 hour child sessions

**When:** School holidays & weekday afternoons during school term.\*

**Where:** Spring Hill or Mt Gravatt

**Cost:** \$60 per session.\*\*

\* Subject to age and availability

\*\* Medicare or Private Health rebates may be available. Check with your GP or health fund to find out your entitlement.



## Program Details

- Fun & interactive program that utilises story telling, role-play & games to teach key strategies.
- Costs include child workbook, relaxation CD & 2 hr parent session
- Program is facilitated by experienced child psychologists
- Maximum of 6 children per group
- Program can be individually tailored & delivered
- Option for groups to have concurrent parent sessions

For further information or to make a group booking or individual appointment please call or email PsyCare head office on:

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