

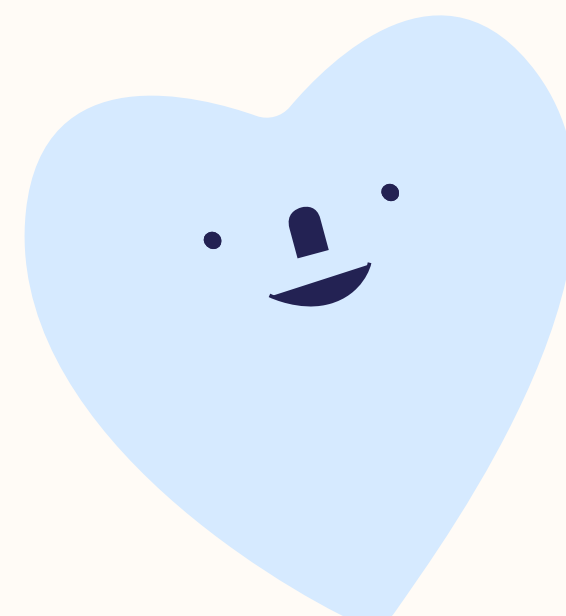
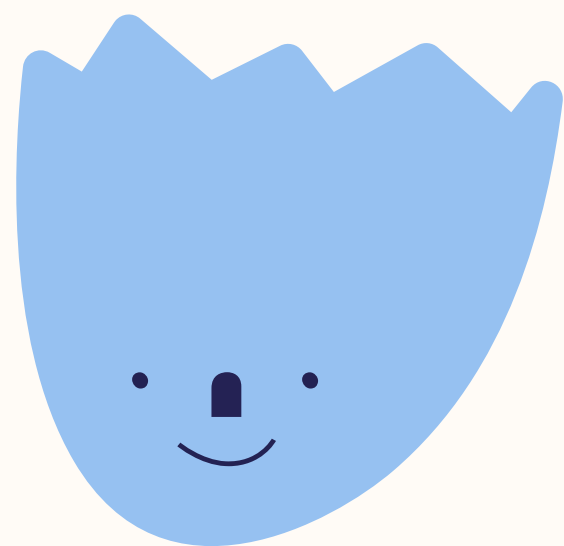
# THE WORRYWOOS



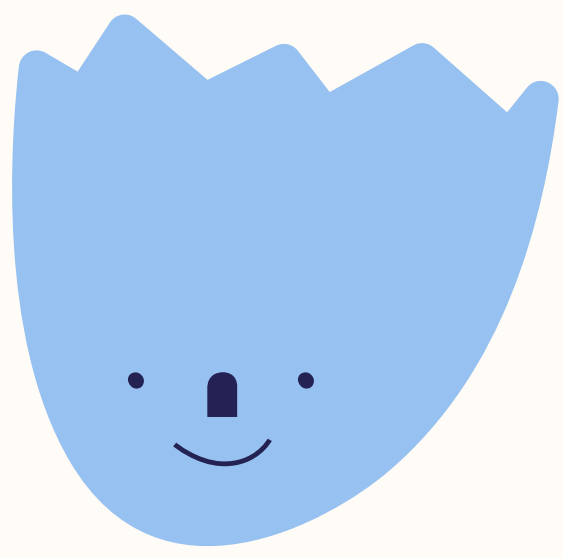
An evidence based program that incorporates characters, story lines and some of the most important concepts of emotional learning and self awareness.

Come join us in learning about how we can tackle our fears and worries by understanding and normalising these feelings.

Let's make friends with our worries



TO MAKE A REFERRAL:  
GROUPS@STEP2OT.COM  
PH: 0481 448 034



# THE WORRYWOOS

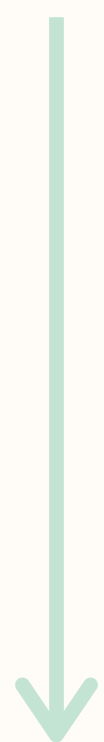


THE WORRYWOOS NORMALISE FEELINGS OF LONELINESS, FRUSTRATION, WORRY, AND FEAR, AND HELP A CHILD EXTERNALISE THESE WORRIES AND MANAGE THEM THROUGH VALIDATION AND INTEGRATION.

THIS GROUP PROGRAM AIMS TO CREATE A SAFE SPACE FOR EXPLORATION OF OUR WORRIES AND LEARN TOOLS TO MANAGE THE DISCOMFORT THEY CAN BRING.

THIS IS AN IMPORTANT CONCEPT TO CONSIDER WHEN WORKING WITH CHILDREN WHO HAVE EXPERIENCED SIGNIFICANT TRAUMA AS OFTEN THEIR WORRIES SEEM TOO "BIG" TO MANAGE. BY UNDERSTANDING AND INCORPORATING EDUCATION ABOUT THE WORRYWOOS IT HELPS NORMALISE AND MAKES THESE FEELINGS SAFE.

## WHEN DOES THE PROGRAM RUN?



THIS PROGRAM RUNS FOR A PERIOD OF 7 WEEKS AND RUNS THROUGHOUT EACH SCHOOL TERM. PLEASE CONTACT OUR ADMIN FOR THE NEXT START DATE. EACH SESSION IS APPROXIMATELY AN HOUR (50 MINUTE SESSION AND 10 MINS PARENT FEEDBACK)

## WHO IS THIS PROGRAM FOR?



THIS PROGRAM IS MOST APPROPRIATE FOR INDIVIDUALS BETWEEN THE AGES OF 5-9 YEARS OF AGE. PLEASE MAKE CONTACT WITH OUR ADMIN TO IDENTIFY IF THE CHILD YOU ARE WISHING TO REFER IS APPROPRIATE FOR THE GROUPS ALLOCATED.

## COST?



\$1295.26 FROM CAPACITY BUILDING SUPPORT BUDGET  
+ OPTIONAL COST OF RESOURCE PACK