



Richmond Community Services Inc. in partnership with Windsor Professional Centre is pleased to be able to offer a **FREE 4 week ongoing group for primary school kids aged 10-12yrs**

Calm Kids

For primary school children **10-12 years old dealing with** **Anxiety**

Strategies for keeping cool and dealing with stress at home, in school and life. Fun, helpful skills to practise and use in everyday life.

- * Support
- * Social and Communication Skills
- * Managing Emotions.

4 x Tuesdays—3.30pm—5pm:

Tuesdays 3rd, 10th, 17th & 24th November 2020

BOOKING ESSENTIAL! 02 4588 3502

Email: admin@rcsi.ngo.org.au

At: Richmond Neighbourhood Centre

20 West Market Street, Richmond, NSW 2753

...making a difference...



WINDSOR
PROFESSIONAL CENTRE

