



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 Mondays—3.30-5pm:**  
**3rd, 10th, 17th & 24th September 2018**  
**BOOKING ESSENTIAL! 02 4588 3502**

Email: [admin@rcsi.ngo.org.au](mailto:admin@rcsi.ngo.org.au)

At: Richmond Neighbourhood Centre  
20 West Market Street, Richmond, NSW 2753

*...making a difference...*

