



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 7- 9yrs**

Calm Kids

For primary school children 7-9 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:
2nd, 9th, 16th & 23rd September 2019
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...

