

# Courage Club

## *Building Confident, Connected Kids*

4-Week Group Program for Grade 6 Students

### Is your child:

- Struggling with confidence?
- Finding emotions hard to manage?
- Having difficulties with friendships or social situations?

*Courage Club is a small, supportive group designed to help kids build confidence, manage emotions, and develop stronger social skills in a fun and engaging environment.*

### What Your Child Will Learn

#### Confidence Skills

- Recognising personal strengths
- Developing a growth mindset
- Building courage to try new things

#### Emotion Skills

- Understanding big feelings
- Learning how to stay calm under pressure
- Practical strategies to manage emotions

#### Social Skills

- Making and keeping friends
- Communicating clearly and respectfully
- Navigating tricky social situations

### What Sessions Look Like

#### Each session includes:

- Fun, interactive games
- Practical skill-building activities
- Creative reflection tasks

*Designed to keep kids engaged while building real-life skills.*

### Benefits of Courage Club

#### Students will:

- Feel more confident in themselves
- Learn how to manage emotions
- Build stronger friendships
- Develop skills for school and everyday life

### Program Details

**Duration:** 4 weeks

**Dates:** August 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>

**Time:** 4:00pm – 5:30pm

**Group size:** Small group (6–8 students)

**Location:** 103 Verney Road West Graceville 4075

Facilitated by Family Therapist: **Loretta Bennett**

### Enrolments & Enquiries

*Spaces are limited*

**Contact:** [loretta@resettherapy.com.au](mailto:loretta@resettherapy.com.au) or 0478 581 848

**Cost:** As this is our pilot round, we're offering an introductory fee of \$240 for the full 4-week program