

## Emotional Resilience Group for Girls [Aged 12 to 15]

Term 2 (April 27 – June 1 2016)

&

Term 4 (Oct 12 – Nov 16 2016)

### What:

6-week CBT group program aimed at improving emotional resilience for young people. Topics to be covered include relaxation and coping skills, healthy relationships, healthy body image, and managing stress and anxiety.

### When:

Wednesdays, 4:00- 5:30pm

**Term 2:** Apr 27, May 4, May 11, May 18, May 25, Jun 1

**Term 4:** Oct 12, Oct 19, Oct 26, Nov 2, Nov 9, Nov 16

### Where:

CBT Professionals Group Room Coomera  
Shop 1, 2 Fortune Street, Coomera QLD 4209

### Who:

Females aged 12 to 15 with depression, anxiety, low self-esteem, body image issues or self-harming behaviours.

### Costs:

#### Pay-In-Advance Discounted Option:

\$350 up-front to cover cost of six sessions [equates to \$60 per session]

#### Pay-Per-Week Option:

An initial deposit of \$65 will be required to secure your booking, Should a group session be missed, this fee will be forfeited. Then \$65 per week for five weeks, and the deposit is used to cover the cost of the sixth session. Total group cost of \$390.

NOTE: Rebates may be applicable under your private health insurance. If you believe your child is experiencing a mental health condition, then speak to your GP about possible referral for group sessions.

#### Group Facilitator and Contact Details:

Elyse McNeil on [e.mcneil@cbtprofessionals.com.au](mailto:e.mcneil@cbtprofessionals.com.au) or 5551 0251 for more information.

**To make a booking, please phone our clinic number 5551 0251**

