



A research informed program for children, adolescents and their parents

# SPARK YOUR RESILIENCE

This 6-week program focuses on **building resilience and social skills** for primary school-aged children.

## Program Details

### PRIMARY SCHOOL AGED CHILD

**Date:** Friday 26 April - Friday 7 June (7 Weeks)

**Time:** 4:30pm - 6:00pm

**Location:** Meerilinga Children and Community Service Cockburn

**Address:** Winterfold Child Care Centre, 219 Winterfold Rd, Coolbellup WA 6163

**Cost:** \$90 for membership with ADHD WA and \$60 for the full course = \$150 per program

The **first session** on Friday 26 April is solely for parents and carers introducing them to the program. The remaining 6 sessions are for the primary school aged child to attend.

### TO REGISTER



Scan the QR code or visit [www.adhdwa.org/spark-telethon](http://www.adhdwa.org/spark-telethon) and complete the **Application Form - SPARK Telethon Program**

## Weekly Focus Areas:

- Understanding stress, triggers, and emotions
- Managing difficult emotions, enhancing wellness
- Unhelpful and helpful thinking patterns, and problem solving
- Resilient thinking styles, values, and character strengths
- Positive friendship behaviours: empathy, reading the room, chatting, compromising
- Handling social difficulties: disagreements, teasing/belittling

## Children and Adolescents will be Equipped to:

- Understand and recognise stress, triggers, and emotions
- Manage difficult emotions, enhancing wellness
- Recognise unhelpful and helpful thinking patterns
- Use resilient thinking styles, values, and character strengths
- Implement positive friendship behaviours: empathy, reading the room, chatting, compromising
- Better handle social difficulties: disagreements, teasing/belittling

