

# CHOICES

CHOOSE YOUR OWN  
ADVENTURE!

N

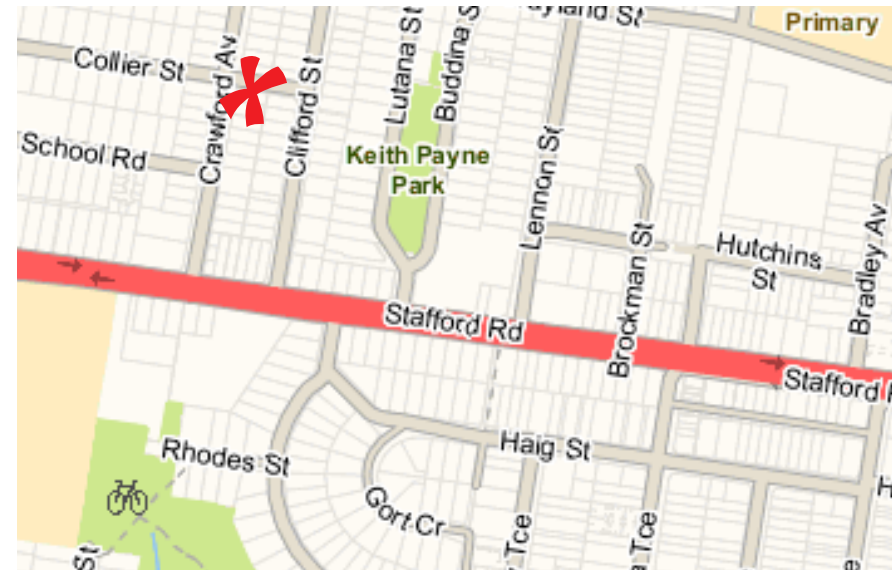


Another quality program developed by Melinda Garred &  
Michela Tomasel

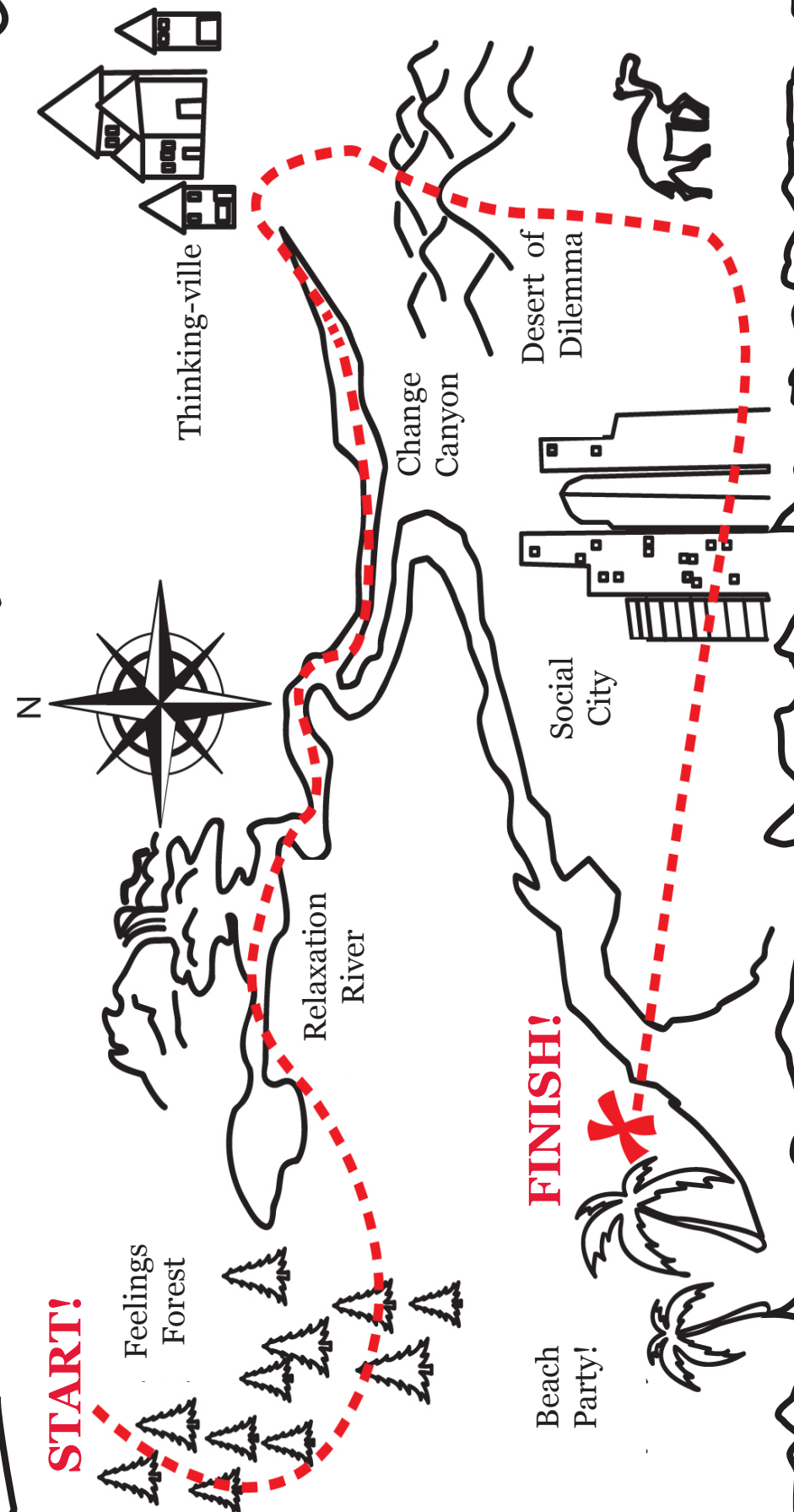
Melinda & Michela are registered psychologists with Masters in Education &  
Developmental Psychology



*Stafford Allied Health Specialist Centre*  
7 Clifford Street  
Stafford Q 4053



*The Gap Specialist Centre*  
1st Floor - The Gap Shopping Village  
1000 Waterworks Road  
The Gap Q 4061



**CONFIDENT**  
**HAPPY**  
**OPTIMISTIC**  
**INDEPENDENT**  
**CALM**  
**EMPOWERED**  
**SOCIAL**

*CHOICES* is a group program based on Cognitive Behaviour Therapy principles which aims to encourage the development of social skills, emotional self-regulation, and resilience in children aged 8 to 11 years. Similar emotional education programs are typically linked to positive developmental outcomes with respect to social competence, behaviour, self-esteem, school engagement, and academic performance.

The program consists of 8 sessions during which children learn a variety of skills to:

- identify and understand their own and others' feelings (empathy);
- self-calm and relax to cope with unpleasant emotions;
- be friendly and caring towards others, and develop social skills;
- recognise positive and negative ways of thinking;
- solve problems when things don't go to plan!

*CHOICES* is facilitated by YoungMinds psychologists and uses evidence-based approaches to teach concepts and skills through experiential activities, group games, and stories.

At the beginning of the program, children receive a passport and each week they embark on an interactive adventure where they collect stamps to signify the 'fictional' location visited and the new skills that were learnt.

The aim of the *CHOICES* program is to empower children to recognise that they are in control of their thoughts, feelings and actions, and can make choices based on more positive coping strategies.

The *CHOICES* program also includes a joint parent-child activity at the end of every session. The parent-child activity is designed to inform parents of the skills their child is learning and ways they can support them in applying these skills to daily life.

Reinforcing the use of your child's newly acquired skills is an important aspect of the program as children rely heavily on their caregivers to help them apply the skills to cope with challenges and difficulties.



**Session 1**  
THE ADVENTURE BEGINS!  
Introduction & Getting to Know Each Other

**Session 2**  
A FLIGHT TO FEELINGS FOREST  
Learning about Emotions

**Session 3**  
A RELAXATION RIVER RIDE  
Self-calming & Relaxation Techniques

**Session 4**  
A TREK TO THINKING-VILLE  
Thinking Styles: Positive & Negative Thinking

**Session 5**  
A CRUISE OVER CHANGE CANYON  
Positive Thinking Strategies

**Session 6**  
A DAY IN THE DESERT OF DILEMMA  
Problem-Solving

**Session 7**  
AN OUTING IN SOCIAL CITY  
Friendships, Support Networks & Helping Others

**Session 8**  
A BEACH PARTY!  
Review, Celebration & Graduation!

Medicare and Private Health rebates may be available.

**Please Visit**

[www.youngmindsnetwork.com](http://www.youngmindsnetwork.com) or phone

**(07) 3857 0074**

For information & registration.