

PARENTS: DOES ANY OF THIS SOUND FAMILIAR?

- Your child: often worries/ gets anxious
- Gets frustrated easily or struggles with instructions
- Has difficulty with friends or at school
- May be diagnosed with ASD, anxiety, ADHD or another disorder but regardless often *finds life tough going.*

CALM KID CENTRAL CAN HELP!

WE HELP CHILDREN 'WITH BIG FEELINGS' FEEL CALM AND CO-OPERATIVE

Video lessons, activity sheets and posters to teach children to act bravely, behave in positive ways, act confidently, develop good friendships & manage tough life situations.



WE HELP YOU FEEL CALMER & MORE CONFIDENT AND KNOW WHAT TO DO

Video lessons, articles & “quick tips” for parents to help feel less stressed about caring for their child with “big feelings”—*Learn what to say and do.*



FAST ACCESS TO A CHILD PSYCHOLOGIST ONLINE

Tell our child psychologist panel any questions/concerns you have about your child without waiting for appointments. We answer within 48 hours.



Calm Kid Central works!

93% of parents say it was **very or extremely helpful** for their child.

They reported **significantly less anxiety, frustration and tricky behavior** after using the Program

“ Tips that were easily remembered. We had a lot of fun “ Parent

FREE for families who live in Gippsland Region, Victoria.

(Supported by Gippsland Primary Health Network)

go to: www.calmkidcentral.com

Click JOIN NOW. Use the code: GIPPSLAND18

Please note Calm Kid Central is NOT one to one therapy.
Contact us with any questions.

Phone: (08) 8357 1711 Email: admin@developingminds.net.au Web: www.calmkidcentral.com