

Northfields Psychology Clinic Group Programs

Parenting Confident Carers - Cooperative Kids

Strengthen relationships to reduce behavioural problems (3-11yr)



Thursdays 6-8 pm (8 weeks)
Each School Term
Cost: \$120 / \$60 concession

Child Anxiety - Cool Kids

Learn strategies for managing anxiety for children (8-12yr) and their parents/carers



Each School Term
Cost: \$120 / \$60 concession
Additional \$45 for workbooks

Social Anxiety Group

Learn strategies for managing anxiety



Once per year (10 weeks)
Cost: \$120 / \$60 concession

Adolescent Anxiety - Chilled

For Adolescents (13-17yrs) with anxiety and their families



Once per year (9-10 weeks)
Cost: \$120 / \$60 concession
Additional \$45 for workbooks

Doing ADHD Differently

Addresses concerns related to ADHD / ADD and provide practical skills to help manage associated difficulties



Several times per year (6 weeks)
Cost: \$120 / \$60 concession

Please Contact
Northfields Psychology Clinic
for further information

phone: 02 4221 3747
email: nfc-uow@uow.edu.au

Participants must complete pre-group meeting prior to attending