

BUILDING RESILIENCY CLUB

JANUARY 2023



1 HR SMALL GROUP SESSION- 30 MINUTES OF DIRECTIVE ACTIVITIES ON SPECIFIC GROUP TOPIC
AND 30 MINUTES OF CHILD CENTRED PLAY THERAPY

GROUP 1



FAMILY SEPARATION

Family Separation- Supporting children whose parents are going through a separation or have separated.

GROUP 2



GRIEF OR LOSS OF A LOVED ONE

Supportive and inclusive space to share grief and loss experiences.

GROUP 3



FEELING ANXIOUS OR EXCESSIVE WORRY

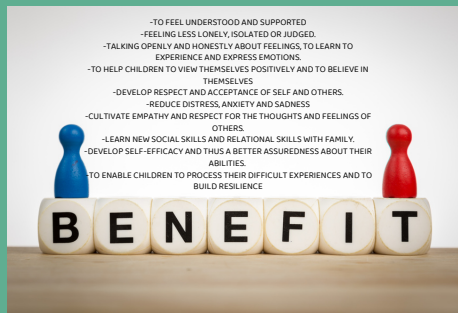
Supporting children who are feeling anxious about upcoming changes next year.

GROUP 4



WORKING ON SELF-ESTEEM AND SELF-WORTH

Supporting children who are struggling with their sense of worth and personal value.



DATES

The support groups will run on:
Tuesday, Wednesday and Fridays
on January 2023.
Morning and afternoon sessions.



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