

# STRONG SELF STRONG SPIRIT

Free support for children aged 8 to 12 years



**Help master tough or confusing feelings, manage self control, cope with change and learn to bounce back.**

Our team will support your child as they learn to manage their feelings and behaviour.

Strong Self Strong Spirit works with strengths to help improve your child's wellbeing. The program runs for one term and includes:

- **Weekly after school group sessions**
- **One-to-one weekly support**
- **Family sessions**
- **Excursions**

To register your child for the Strong Self Strong Spirit program, contact the program Team Leader.

**AGE RANGE:** 8 to 12 years

**DURATION:** 1.5 hours per week over a term

**LOCATION:** Geraldton

**ENQUIRIES:** 9921 4477 or 0419 915 149

**EMAIL:** [ssss@ngala.com.au](mailto:ssss@ngala.com.au)

No referral is necessary

**Supported by:**



**Australian Government**  
**Department of Social Services**