

# Primary School Programs

Supporting  
the mental  
well-being of  
young people

City of Swan · Midwest · Gascoyne · Kimberley





*you are my*

## About our workshops

HelpingMinds® delivers a range of workshops, facilitated by qualified counsellors, to support the mental well-being of young people aged 8-12 years.

We host our workshops in a nurturing and fun environment where young people can come together in a safe space to work on achieving positive mental health goals.

Each session can be tailored to the cultural needs or interests of your community.

### When and where

**Workshops are typically run across five to six, one-hour weekly sessions at a time and date agreed with your school, or outside school hours if being run by the local community.**

Our workshops are available in the City of Swan, Midwest, Gascoyne and Kimberley, with our team based in Midland, Geraldton, Carnarvon and Broome.

**To make a booking or find out more, please call our team on (08) 9427 7100 or email [cyfs@helpingminds.org.au](mailto:cyfs@helpingminds.org.au)**

# Workshops

## C.R.A.F.T

Creating Resilience, Awareness, Friendship, Teamwork

A mental wellness awareness program with a choice of eight topic sessions including emotions; self-care and kindness; bullying; confidence and reassurance.

Each session follows a story and discussion on the weekly topic, with a creative activity to reinforce coping strategies.



## Forever Friends

A program addressing ongoing problematic issues with friendships. Self-reflection is encouraged, as well as exploring different and more helpful ways to approach common friendship problems.



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## FriendFest

This program encourages the development of healthy friendships and strengthens language and communication in relationships.

## Healthy Horizons

A workshop exploring a variety of strong emotions and how to express them in healthy ways. Participants will verbalise different emotions, identify positive coping strategies and practise positive self-talk.





## Inspire Hope

Focuses on building self-esteem and confidence through healthy expression of self and promoting care for others.

## Protective Behaviours

Teaches a range of skills and strategies to help prevent and reduce child abuse and violence in our communities. The program supports mental wellbeing through personal safety, confidence, assertiveness, learning rights and responsibilities, and understanding and managing feelings.



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## School Transitioning

A program exploring helpful coping skills and encouraging resilience and confidence when transitioning from primary to high school.

## SKILLZ

This program promotes mental wellbeing by managing emotions through positive coping strategies and building resilience.



## Stepping Stones

A workshop designed to encourage a healthy expression of anger and providing alternative paths to conflict resolution.





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## Well-being Wonderland

A strength-based workshop promoting a positive sense of self, goal setting and strategies for overcoming obstacles to achieve goals.

## 5Beats

Inspired by simple dance and exercise, this program promotes learning and discussion around key health topics and how exercise can improve your physical and mental health and wellbeing.



## What you can expect from us

- ✓ High quality, professional service with experienced and qualified staff.
- ✓ A passion for promoting positive mental health.
- ✓ Ongoing communication about the group's participation and any relevant issues that may need to be addressed.
- ✓ Contact with parents prior to the first session to discuss their child's involvement and answer any questions.
- ✓ Follow up contact with parents at the conclusion of the program to inform of progress and provide feedback.
- ✓ The opportunity to provide future one-on-one support to individual children who have been identified as needing extra support.

## What we will need from you

- ✓ School and community staff are responsible for identifying children who would be suitable to attend the program and communicating with parents. If parents have queries regarding the program, please let us know.
- ✓ Schools or community groups are to ensure all relevant forms are completed in full and forwarded to HelpingMinds team member before commencing a program.
- ✓ A private room free from interruptions to ensure confidentiality for program participants. We also require desk space and a chair for each child. All other resources such as stationery and craft materials will be provided by HelpingMinds.
- ✓ Unfortunately we are not able to accept late referrals or newcomers part way through the program, as it is our objective to ensure consistency within the group. Late referrals may be placed on a waitlist to join a program at another time.



## Get in touch

📞 (08) 9427 7100

✉ info@helpingminds.org.au

🌐 [helpingminds.org.au](http://helpingminds.org.au)



## Where we are

### Head Office

182 Lord Street, Perth  
Western Australia 6000

Broome

Carnarvon

Fremantle

Geraldton

Hillarys

Joondalup

Mandurah

Midland

Perth

Port Hedland

South Lake

