

# Esteemed Champions



A program for children/young people who have been identified as having a low self-esteem and in need of assistance in identifying their strengths and accepting who they are. The facilitators work alongside the children providing guidance, encouragement, and support to enhance their sense of self and assist them to recognise their strengths within and gain acceptance of who they are, therefore working towards taking charge of their own self-esteem. This is a fun and engaging program written for children aged 11-12.



## Bookings essential as places are limited.

To book, please email [adminteam@innatetherapies.com](mailto:adminteam@innatetherapies.com) or phone 0414 480 934.

**Day:** Wednesday

**Date:** 3 March till 24 March (4 weeks). Please ensure your child can attend all four weeks to get the most out of the program.

**Time:** 3.30pm - 5.30pm

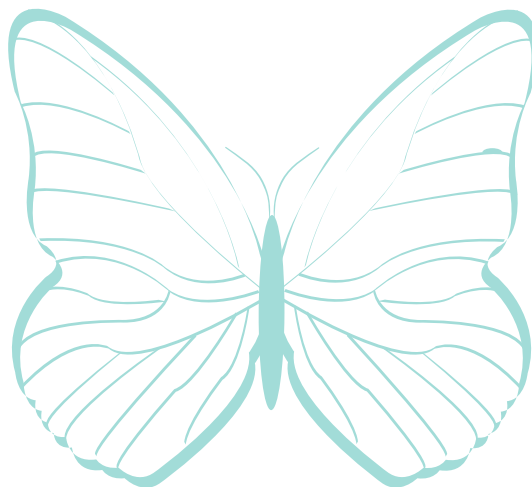
**Location:** Hambleton House

177 Bruce Highway, Edmonton, 4869

**Cost:** Free (resources and afternoon tea provided)

## This fun and engaging program uses various methods of therapeutic interventions including:

- Strengths Based Therapy
- Psycho education
- Emotional Focused Therapy
- Expressive/Art Therapy
- Interactive Learning
- Group conversation/sharing



Funded by the Federal Government and Mission Australia.

Program proudly brought to you by:



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