



The Incredibles

The Incredibles is a structured group for children aged 7-11 years old who have experienced family violence.

The group provides a special space where a child's voice can be heard.

The group is an opportunity to explore feelings and emotions and learn about healthy, constructive methods of expressing these feelings and emotions both at home and at school.

Small groups (6-8) focus on:

- building self-esteem and confidence
- increasing social literacy
- improving coping mechanisms in children that attend.

Children can connect with new friends through activities, games and arts & crafts.

Cost:
Free

Date: 26th-29th September
(2nd week school holidays)

Time: 10:00-12:00

Venue: St Kilda Adventure
Playground, Neptune St,
St Kilda Melbourne

Get in touch:

For more information please
contact Laurel on

03 9690 1188

**RSVP to Laurel by
19/09/2022**

Uniting