



# 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:** 16<sup>th</sup>-19<sup>th</sup> January 2024 (school holidays)

**Time:** 12:30-2:30PM

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

**Get in touch:**  
For more information please contact Laurel on

**03 8792 8999**

**RSVP to Laurel by 07/01/2024**

**Uniting**