

Learn2Flourish

in partnership with:



Is your child 8-13 years & struggling with anxiety?



A resilient thinking program for children and adolescents

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Tackle Anxiety... Learn to Cope, Thrive and Flourish!

Learn2Flourish presents



- ✓ A practical 6-week programme for 8-13 year olds.
- ✓ Developed over 12 years ago at The Resilience Centre in Australia.
- Enables a significant reduction in children's anxiety and a dramatic increase in their social and personal competence.
- ✓ It's fun and engaging.
- ✓ A strengths-based programme rather than focus on the child's anxiety or worry thoughts, it encourages a focus on what is working!
- ✓ Helps children recognise pessimistic and optimistic thinking, while giving them the solution focused skills to get from one type of thinking to another.
- ✓ Involves parents and has a positive impact on their thinking.
- ✓ Delivered locally by a licensed trainer in partnership with **The Resilience Doughnut**.

Visit <u>www.learn2flourish.co.uk</u> to read more about Bright Thinking programmes and the work we do to develop resilience in children and adolescents.

Email:
info@learn2flourish.co.uk
to book a place on our next
programme.



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