

PRICES

One Hour Workshop \$85

Group/Class programme
Cost dependent upon the
number of students, length of
programme and resources
required.



Lunch /After School Club

Parents pay per child, cost
dependent upon the number
of children and room fee.

**PLEASE CONTACT FOR A QUOTE
OR FREE TRIAL SESSION**

Helping Elf Pty Ltd

Helping Elf Pty Ltd ATF Day Family Trust



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Helping Elf Pty Ltd



*Relaxation
and
Resilience
for Kids*

Helping Elf Pty Ltd

HELPING ELF AND SCHOOLS

There is an increasing amount of evidence highlighting the link between academic outcomes and the emotional health and well-being of children.

In today's world, it is even more important that children are 'taught the other three r's'

Regulation, Relaxation and Resilience

Helping Elf uses a combination of evidence based creative therapeutic approaches to assist children to develop their resilience and coping skills; creating a unique and meaningful experience for each child, based around their particular interests.

Helping Elf works with children, parents, carers and education, support staff individually and in groups.

STAFF

- **Training** in all areas of child and youth mental health, including **Youth Mental Health First Aid**
- **Staff Well-Being**
- **Relax Kids** Staff Relaxation Workshop
- **Support** with social and emotional learning programmes, such as **Program Achieve (YCDI)** and **MindUP** curriculum.

STUDENTS

- **Emotional Health Presentations** as appropriate to age group (whole class, year group, assembly)
- **Relax Kids Programmes:**
 - **Little Stars** (3-5 yrs)
 - **Magical Adventures** (5-10 yrs)
 - **Chill Skills** (11- 14 yrs)

Relax Kids classes include **dynamic** warm up exercises, **exciting** games, **relaxing** stretches, **calming** breathing activities, **soothing** self or peer massage, **positive** affirmations and **creative** visualisations.

- **Peaceful Kids** (Mindfulness /Positive Psychology)
- **Helping Our Mental Elf (HoMe)** Adaptable to any age
- **GoZen** (Anxiety - Primary)
- **GoStrengths** (Resilience - Grade 6 onwards)
- **SHINE Girl** (Self-esteem - Grade 6 onwards)
- **Free to Be** (Body Image - Grades 3-12)
- **What's the Buzz** (Social Skills- Primary)
- **Friendship Programme** (Primary)
- **Cool Kids Child, Adolescent and ASD** (Anxiety -All ages)
- **Resourceful Adolescent Programme (RAP -A - Grade 6 -8)**

All the above can be delivered in a whole class or group setting.

Facilitation of **drum and rhythm circle** (incorporating body percussion and mindfulness) in either a 6-8 week programme or one off workshop.

All ages

Also available for staff and parents, carers.



PARENTS

- Interactive emotional health presentations, such as mental health awareness, resilience, anxiety, anger
- Presence at health expo's
- **Youth Mental Health First Aid** (14-hour course facilitated in two full or four half days)
- **Relax Kids Just Relax** (4 week relaxation programme for parents)
- **Relax Kids** Relaxation Workshop
- **Resourceful Adolescent Parent Programme (RAP-P)**
- **PACE (Parenting Adolescents a Creative Experience)**

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