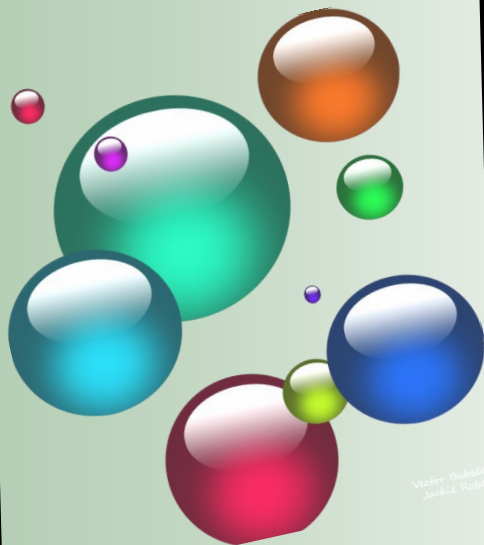


**Bursting Angry Bubbles®
2021**

**An innovative course
that helps teach children
how to turn anger and
negative emotions into
positive outcomes!**



Caboolture Neighbourhood Centre
9 George Street
Caboolture Q 4510

Caboolture Counselling and Budget
Support Service (**CCaBSS**)

Ph: 5495 2571

Fax: 5432 9308

Email: ccabss1@caboolturenhc.com.au



Funded by



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Neighbourhood Centre Caboolture Inc.

PO Box 1667, Caboolture Qld 4510

Updated: 27/10/2020

CCaBSS
Caboolture Counselling
and
Budget Support Service



**Bursting Angry Bubbles®
2021**

**Helping children learn
how to turn anger and
negative emotions
into positive outcomes**

Phone: 5495 2571

Bursting Angry Bubbles[®]

Learning is the
key to change



Bursting Angry Bubbles[®] is an innovative program for children turning 7-12 years within that year.

The 8 week course aims to help children understand anger and negative emotions and to learn new skills in handling their behavior. The first step in this program is to teach children that anger is normal but it is how to react that makes the big difference.

Teaching children that set backs and obstacles can make them stronger and more resilient. Resilience embraces the ability of a child to deal more effectively with stress and pressure, to cope with everyday challenges, to bounce back from adversity, trauma, to develop clear and realistic goals, to solve problems to relate comfortably with others, and to treat oneself with respect.

Children often respond with anger because they feel helpless, lonely, embarrassed, isolated, anxious or hurt. Anger can also be a reaction to frustration.

What will be covered during the course:

- **What is anger?**
- **Why do I get angry? (*cause and awareness*)**
- **Looking for solutions and problem solving**
- **Practicing change and using new tools with confidence.**
- **Respect/empowerment and inner peace.**

This program uses a number of holistic modalities to assist children gain positive outcomes.

When and Where?

Caboolture Neighbourhood Centre
9 George St, Caboolture

2021 dates:

- | | |
|--------|------------------------------|
| Term 1 | 3rd February to 24th March |
| Term 2 | 28th April to 16th June |
| Term 3 | 21st July to 8th September |
| Term 4 | 13th October to 1st December |

Time:

*3.30pm to 4.30pm
Wednesday afternoon*

Parent contribution:

\$60.00 per child per term
(non-refundable) To be paid prior to commencement of course

For Bookings phone: **5495 2571**