

'Free to be Me'

Self Awareness and Self Esteem Building Program for Children

'Free to be Me' is a FREE 8 week program for children aged 9 - 12 years. The program is offered in a small group setting with one hour sessions and is free of charge. Programs are offered at the CSCI and through local schools upon request. The 'Free to Be Me' Program is facilitated by staff at the Community Support Centre Innisfail and will increase your child's skills in relation to the following themes:

***Your Feelings and You
Discovering and Building your Strengths
Helpful Thinking
Knowing Yourself
Making Friends
Bullying &
Keeping Yourself Safe...***



**Free To Be Me Program
April 27th - June 15th 2017
at CSCI (8 sessions)
Weekly - Thursday after-
school sessions
3:15pm - 4:30pm**

The sessions are facilitated in small groups in a comfortable, friendly setting with CSCI Facilitators. A party and certificates of attendance will be provided during the last week of the program. The Free To Be Me Program is a free service for children in our community.

**For more information or to register your child - please contact
Sherrie: PH: 4043 8400 or email: sherrie@csci.org.au
Community Support Centre Innisfail (CSCI)
13 - 17 Donald Street - Innisfail**

The Community Support Centre Innisfail Inc is primarily funded by the
Department of Communities.