

JAN WEST
BA (PSYCH)
MA (PSYCH)
DIP.ED
DIP.SCH.COUN
MAPS
MCCOUNP



Jan has spent a number of years working with children and adolescents with mental health and behavioural problems, both in the public and private sector.

She specialises in working with children with Attention Deficit Disorder and Asperger's.

She has developed and implemented a number of programs to assist children, adolescents and their parents.

Jan is also an accredited provider of the Triple P Parenting Program.



FRANCESCA HARVEY
BA (PSYCH)
MA (PSYCH)
MAPS

Francesca specialises in children and adolescents with learning and behavioural difficulties. She has devoted much of her time working with children diagnosed with Attention Deficit Disorder.

She has a Masters in Family Therapy and recognises the importance of working with families as a whole.

Francesca designs and facilitates effective programs for children, adolescents, parents and schools.



Solution Focus Psychology

Presents

Kidskills



Emotional Coaching

**Book Early
Places strictly limited!**

Contact: 9223 6660



Kidskills

This course is designed to teach your children valuable skills to help them make smooth transitions as they mature emotionally both at home and school.

While based on Cognitive Behavioural Therapy these groups are tailored using each individual's assessment to cater for their unique needs.



Your child will gain

Self Esteem

Healthy Self Esteem is reflected in feelings of worthiness, self-pride, desire to keep learning and caring.

Assertiveness

Ability to state what they want without being overly passive or aggressive. Recognising their rights and the rights of others.

Strategies for Teasing and Bullying

Tools to manage teasing and bullying to reduce conflict and stress.

Social Skills

Vital Skills of communication, group dynamics and making friends

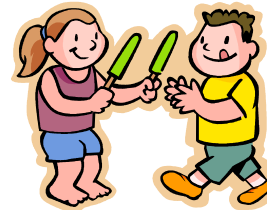


Additional Support

Additional support on completion of the Kidskills Program:

- One on one sessions with Jan West or Francesca Harvey for parents, children or both.
- A 2 hour group session facilitated by Jan West and Francesca Harvey for parents. This group is structured to give you an opportunity to debrief about the program with other parents, share experiences and create understanding contacts. We will also discuss implementing strategies at home to promote your children's new skills.

Group Details



Where SFP
Suite 301, Level 3
84 Pitt St Sydney 2000
(Between Martin Place
and Hunter St)

Date Run every School
Holidays. Please
contact us for
current dates.

Time 10:00am – 12:00pm

Cost

Kidskills Program \$325.00

Additional Support.

One on one session (1hr) \$150.00

Parent Group session (2hrs) cost is dependant on group size.

Cancellation

20% of total cost refunded.

Age Group

Kidskills caters for children aged 6 to 12 years. Children are placed in groups according to age.

Registration

Please complete enclosed form and forward to:

**Solution Focus Psychology
Level 3, 84 Pitt St Sydney 2000.**

An assessment questionnaire will be posted upon registration to identify your child's particular needs.

A 1/2hr follow-up phone session for parents is provided on completion of the course.

For further information please contact Jan West or Francesca Harvey on 9223 6660.



Solution Focus Psychology



Level 3, 84 Pitt Street
Sydney NSW 2000
Ph: 02 9223 6660
Fax: 02 9231 6919

Email: consult@solutionfocus.com.au

Web: www.solutionfocus.com.au