

Worry Warriors group

This is a small group focused on managing worry and anxiety.



Age: 7 - 11 years

Cost: \$297.32

Venue: ESA Springfield

Time:

9.30am - 11.30am

Tues 14 January 2025

Participants will have the opportunity to work with others to understand that they are not alone in their feelings of worry and anxiety and that it is a normal emotion that we all experience.

During the group we will explore the things that we worry about and then cover different ways to handle worry.



Funding:

This service can be funded privately or with NDIS group programs funding allocation.

Next Steps:

To register for this group click [here](#), or to enquire on suitability for your child please email us at springfield@earlystartaustralia.com.au or call our clinic on **1300 372 439**.

Early Start Australia | QLD | Springfield

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