

City of Boroondara and ABIA present

“Creating Calm Kids”

Managing Anxiety in Autism Spectrum Disorder

Australian Autism expert, Dr Tony Atwood PhD, says ‘Autism is anxiety looking for a target’.

Creating Calm Kids is a program to assist parents and carers to understand and manage this anxiety.

Rather than being the target of your child’s anxiety, this six-week course teaches how to identify, direct and reframe your child’s worries and uncertainties.

For parents of an Autism Spectrum Disorder child aged 5-9 or 10-18, this course is invaluable. Incorporating four parent and two child sessions, *Creating Calm Kids* investigates:

- Factors contributing to increased anxiety levels in children with ASD.
- Identifying the signs of anxiety in both parent and child.
- Preventative relaxing and calming strategies to reduce anxiety.
- Coping strategies when anxiety does occur.
- Managing anxiety in public places.
- Teaching children to identify “worries” and how to implement self-management activities.

Throughout the course, time will be allocated to dealing with specific anxiety examples and situations.

Creating Calm Kids is facilitated by a psychologist specialising in Autism Spectrum Disorder.

**Places are limited to six families per program.
Register early to avoid disappointment.**

PARENT SESSIONS: 10am - 12noon (4 consecutive mornings)
PARENT & CHILD SESSIONS: 4.30pm - 6.30pm (2 consecutive afternoons)
VENUE (all sessions): ABIA, Level 1, 121 Maling Rd, Canterbury
COST:



~~\$450~~ \$300 ABIA member
~~\$500~~ \$350 Non-member

To register, complete registration overleaf and return to ABIA.

For more information contact ABIA on (03) 9830 0677 or email info@abia.net.au

Proudly supported by:

Autism Behavioural Intervention Association Inc (ABN 85182741277)

Level 1, 121 Maling Rd, Canterbury VIC 3126

P: 03 9830 0677 | F: 03 9830 0211

W: www.abia.net.au | E: info@abia.net.au



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Registration Form/Tax Invoice

REGISTRATION FORM CONSTITUTES A TAX INVOICE FOR GST - RETAIN A COPY FOR YOUR RECORDS.
Program runs subject to minimum numbers. You will receive confirmation (or cancellation) of registration as applicable.

Name of Child _____ Age _____

Name of Parent _____

Address _____

Postcode _____

Phone _____ Mob _____ Email _____

5-9 years

- May 1 – 22 (Parent; 4xTue)
- May 29 – June 5 (Parent & Child; 2xTue)

How did you hear about ABIA?

Website I am a member Ad: _____ Other: _____

I would like to become a member:

Student \$45 Family \$50 Sole Practitioner \$70 Org \$120

HOW TO PAY (payment processed when program is confirmed; typically within 2 weeks of program start date)

BY VISA#

BY MASTERCARD#

incurs 1% surcharge

BY ELECTRONIC FUNDS TRANSFER

Invoice and account details will be provided

when program confirmed

BY CHEQUE

Make cheque payable to ABIA

Name on Card: _____ Signature _____

Card number: _____ Exp Date: ____ / ____

POST: Creating Calm Kids, ABIA, PO Box 239, Canterbury VIC 3126

FAX: 03 9830 0211 | SCAN/EMAIL: info@abia.net.au