



# Calm Kids Central Free Webinar Series - for parents/caregivers with children with big feelings or life challenges

(Clinical Child Psychologist Kirrilie Smout)

Learn to support your primary school aged child with worry, managing frustration, feeling more co-operative and managing tricky issues.

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Webinar 1: *"Calm and Confident Kids"* - learn to help children with a tendency towards worry, stress or anxiety. Monday 6<sup>th</sup> of March 2023 at 7pm (ACDT), or 7.30pm (AEDT)

Webinar 2: *"Calm and Co-operative Kids"* - learn to support children with big feelings - to manage frustration and feel more co-operative. Monday 20<sup>th</sup> of March 2023 at 7pm (ACDT), or 7.30pm (AEDT)

Webinar 3: *"Calm and Connected Kids"* - learn to help children to develop positive friendships and manage peer difficulties Monday 27<sup>th</sup> of March 2023 at 7pm (ACDT), or 7.30pm (AEDT)

To register (you can attend 1 or all 3) please go to: <https://developingminds.net.au/webinars>

Are you a *child mental health professional or educator*? Please join us and STAY for 15 minutes at the end of the parent/caregiver webinar for 15 minutes for a few essential ideas for working as a professional with children with these concerns.

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Presented by clinical child psychologist Kirrilie Smout. Kirrilie has had 25 years experience in working with children and families, is the author of two books about children and mental health and regularly consults with national bodies about child mental health concerns. She is the Director of Developing Minds Psychology and Education Services and Calm Kid Central programs. CKC is an online program of courses and games for children to help them manage emotional health challenges.

[www.calmkidcentral.com](http://www.calmkidcentral.com)

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Any questions please contact Sandra on: [sandra@developingminds.net.au](mailto:sandra@developingminds.net.au)

Calm Kid Central is supported by Gippsland Primary Health Network Victoria, Adelaide Primary Health Network, CAMHS Central Coast NSW, WHIN NSW and HCF health insurer.