ACE
8 WEEK GROUP PROGRAM

ACE is a group based behavioural counselling program that aims to build resilience, enhance coping skills and teach positive thinking styles. You will learn:
• to change how you can think and feel
• ‘get real’ thinking when worried about conflict with family or friends
• how to get along with others and make friends
• being assertive while respecting yourself and others
• negotiation and compromise
• the six steps to problem solving

Facilitated by Mrs Jane Brown - College Counsellor in conjunction with Mrs Denise Robertson - Mental Health Professional, 360 Health + Community

To express your interest in participating in this program, contact Mrs Brown at the Paschal Centre or by email at brown.jane@ncc.wa.edu.au

The program will commence in Term 2 with each session running for approximately 50 minutes (1 period). There will be a maximum of 8 students per group.