Aussie Optimism
Social Life Skills
Program Yr 5&6

Helping children to build resilience
We can’t always protect our children from stress but we can teach them the skills to cope with life’s challenges.

It is normal for children to experience some stress throughout childhood and adolescence. Many children may experience heightened stress related to peer pressure, family conflict, transition from primary to high school, increased demands of study, performance expectations and body image.

What is Positive Psychology?
Positive Psychology is the scientific study of the strengths that enable individuals and communities to thrive. The field is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play.

What is The Aussie Optimism Social Life Skills Program?
Aussie Optimism is an evidence-based resilience program which is based on positive psychology principles. The program focuses on building competencies in children such as building key social and emotional skills and it provides families with practical information and strategies to support their child’s development of these key skills at home. The Aussie Optimism programs have been shown to prevent and reduce symptoms of anxiety and depression (Aussie Optimism team, Curtin University).

In this program children learn and practice skills to help them get along better with others. These skills include:
- Decision Making
- Communication
- Assertiveness
- Negotiating and Compromising
- Developing friendships and support networks
- Coping skills for challenging stressful situations

Children are encouraged to apply these skills to:
- Improve family, friend and peer relationships
- Prepare for high school
- Cope with becoming a teenager

The 10 week Aussie Optimism Social Life Skills Program at Milestones Clinic

Milestones Clinic is offering this program as a small group program facilitated by two registered psychologists.

Children who attend this group are of similar age, with approximately 8 children in each group.

The program will run for 10 weeks for an hour each week, after school at our clinic at 7/37 Cedric St Stirling.

For upcoming program dates, please check our website.

Cost: $650 for the 10 week program. (Includes one parent information meeting).

Private Health Fund Rebates may apply. Please check that your health fund provides rebates for group therapy on your current level of cover.