

TRINITY TEENS

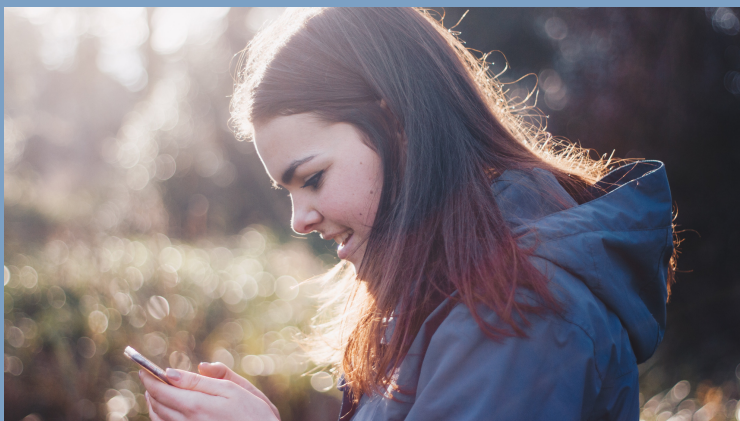
(12 - 18 YEARS)

COST: \$280 pp / \$250 pp (Early Bird Rate) / no casual rates apply

Welcome to Trinity Kids Australia, and thank you for your interest in our teens's program.

Adolescents are renowned for being moody, distant, secretive, and quick tempered. But do you know why? Right now your teen is undergoing the most significant changes since they were a toddler. Their brains are literally undergoing a redevelopment of sorts, and it can be tough for all involved. Combine this with depression, anxiety, poor body image, the demands of schoolwork and pressures from social media and peers....it's no wonder our teens are struggling. The good news is that improving emotional intelligence and practicing mindfulness has HUGE benefits to the brain at this stage in life.

The Trinity Teens Empowerment Program aims to teach young people how to be present in their emotions and techniques for navigating them when they're overwhelmed. With an emphasis on empathy and compassion, self-care, improving self-esteem, and strategies for dealing with anxiety and depression plus much more, this is a wonderful program for all teenagers. Through activities, discussion, arts and crafts, games, and more, the Trinity Teens program becomes a safe space for your teen to learn and express.



What do mums have to say?

"After a few difficult months with my 14 year old daughter I was made aware of a program that teaches mindfulness and meditation for teens....

...This first session had such a major impact on my daughter that she spoke non stop about it for the rest of the week. I saw a glimpse of my daughter reconnecting with me."

- Amy Joseph



Program details...

The program runs weekly for 2 hours per week over 8 weeks. No parents are permitted to attend so as to foster a safe space within the program.

Parents will receive a weekly email with techniques, tips and strategies. Deposit will only be refunded if group does not meet minimum numbers.

Your teen's commitment to the program is essential. No late enrolments are accepted.

emotionally empowering kids everyday