

**[SOCIAL
FUTURES**

**STRONG MINDS IN
THE EARLY YEARS**



Helping children to recover from trauma through play

Strong Minds in the Early Years program works directly with children, families and educators to reduce the impact of trauma on children aged 0-5 years.

It is a free program, facilitated in 45 min sessions to preschools and Kindy's with small groups of children (between 4-6) over a four week period.

The program also upskills educators to identify and support children's natural trauma responses.

Lisa is a fully qualified and registered Play and Creative Art Therapist with APPTA.

Strong Minds in the Early Years uses play-based therapy and storytelling to:



Build children's resilience



Develop calming strategies



Identify feelings to assist children in overcoming the physiological and emotional impacts of trauma

How to access this program? Call 1800 719 625

 info@socialfutures.org.au

This service has been made possible by funding from The Waratah Foundation



We acknowledge the Traditional Owners and Custodians of the land where we live and work and their continuing connection to land, water, sea and community. We pay respects to Australia's First Peoples, to their unique and diverse cultures, and to Elders past, present and future.

Inclusion is about the actions we take every day. We welcome, support, and celebrate diversity.

