



INTENSIVE ANXIETY COURSE FOR TEENS PROUDLY PRESENTED BY KC4U

WHAT IS THE INTENSIVE ANXIETY COURSE FOR TEENS?

The intensive anxiety course for teens is a professional evidence-based program developed by L.Schab PHD. This program has been developed from scientific research and has a long and strong history of success. There are 42 units in this course that truly explain, provide visual and fascinating evidence, practical experience and everyday life skills for anxiety awareness, management, and how to take conscious control over your life.

WHAT SKILLS WILL MY CHILD LEARN FROM THIS PROGRAM?

This program's objectives are to aid teens on the autism spectrum across multiple areas, commonly associated with anxieties that have a significant impact on their lives daily. This course teaches your child not just how to manage anxiety effectively, they will also learn how and why anxiety works and affects us the way it does, and how to understand it from a scientific and realistic assimilative perspective for everyday success. This course explores genetic associations, chemical reactions, all-or-nothing thinking, perfectionism, cost-benefit analysis, eating and anxiety, problem solving, and future challenges just to name a few. This course can be for many, a life-changing experience, unlocking the true potential of your child for long-term success. Graduation of this course provides the pathway to enter our anxious angels mentor course.

HOW WILL I KNOW IF MY CHILD HAS DEVELOPED ANY OF THESE SKILLS?

All our participants are data tracked throughout the program to document their progress in detail. Your child's allocated staff member will be the one who completes this process throughout each class. At the end of the program, your child's data is analysed and incorporated with your NDIS progress report for evidence and possible identification of your child's strengths and difficulties. Caregivers should also be able to have a marked observable difference at home as well.

WHAT IS INCLUDED IN THE PROGRAM PRICE? AND WHO CAN APPLY?

The price of the program includes all print outs, materials a 1:1 support ratio from blue carded highly skilled and qualified staff from KC4U, and a professional course facilitator from KC4U throughout each class. You will also receive a graduation certificate and an NDIS progress report with data analysis.

All plan, self-managed NDIS participants and privately funded participants are eligible to apply.

WHAT DO I NEED TO SUPPLY MY CHILD WITH FOR THEN PROGRAM?

A water bottle, (no soft drinks or energy drinks allowed).

HOW, WHEN AND WHERE DOES THE PROGRAM OPERATE?

The program is run on a Friday evening at 78Hampton Street Harristown QLD 4350, for a time period of one and a half hours per class, for 8 consecutive weeks.

WHAT DOES THE PROGRAM LOOK LIKE OVER THE 8 WEEKS?

Commences on the 5th of February 2021.

The first week includes introductions, staff allocations, workbook distribution, and commencement of course content.

The next 6 weeks are spent working through the course content and enjoying all the activities involved to aid in furthering learning and experience. Our learning is a scaffolding model with a multimodal delivery to accommodate all preferred styles of learning.

The final week involves a group review of the course and its effects on their lives, a small graduation party, and the issuing of graduation certificates.

NDIS progress reports and analytics will be provided within 14 days of completion of the course.

WHEN AND HOW DO I PAY FOR THE PROGRAM?

Easy, just click on the link on our program page on our website and follow the prompts!

We look forward to hearing from you!

The KC4U Dream Team.