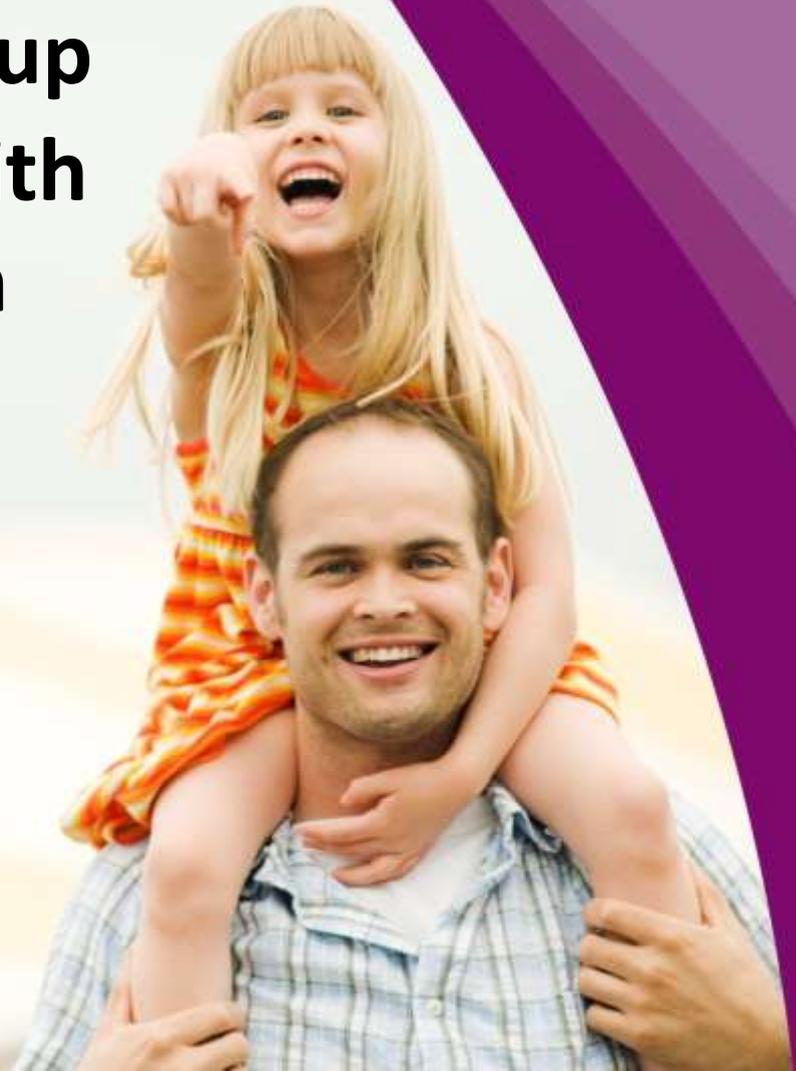


WANSLEA COPMI Group Work/Peer Support with 3-6 year old children

A CHILD-CENTRED APPROACH

Kajsa Wevel
Abby Booth
12 April 2013



HOW IT ALL STARTED



WHAT DO WE DO?

- WEEKLY ROUTINE
- Opening ceremony – the week’s high and low
- Snack time – all extremely hungry
- Group time
- Play time
- Closing



STRENGTH BASED PRACTICE: A RESILIENCE-LED APPROACH

- ❖ Attachment and Relationships
- ❖ Helping and supporting each other
- ❖ Achieving through challenges and learning new skills



- ❖ Enhanced self-esteem and a sense of self-efficacy



FORMING CONNECTIONS

BUILDING RELATIONSHIPS: “They’re just like me!”

AIM OF GROUP

- To increase social, emotional and coping skills for COPMI 3-6 yr olds
- To decrease social isolation
- Safety planning

SAFETY PLAN

- Before my parent get sick I sometimes notice:
- These people know about my parent's illness and I feel comfortable about talking with them or asking them for help if I need to:
- I would like to ask me daily how thing are going and I promise to let them know by saying if things are not ok.
- I do not wantto know about my situation.
- If we need someone to help us and I am unable to telephone someone, I willwhich will be a sign that we need someone to check how we are.
- Things which make me feel good and calm me down when I feel worried are:
- In case I need to stay with someone for a little while I would like to stay with:
- I would take the following things with me:
- I would like our pets to be looked after by:



The best and most beautiful things in the world
cannot be seen or even touched - they must be
felt with the heart.

- Helen Keller

CONTACT DETAILS

KAJSA WEVEL

TEAM LEADER, FAMILY SERVICES PEEL

kwevel@wanslea.asn.au

ABBY BOOTH

FAMILY CARE WORKER, COPMI

abooth@wanslea.asn.au

+ 61 8 9245 2441

