

5 WEEK JOURNEY

- Week 1** Understanding anxiety
- Week 2** Coping skills
- Week 3** Resolving conflict and boundary setting
- Week 4** Mental health first aid – know where to access help
- Week 5** Building resilience and moving forward



Stronger
minds.
Brighter
futures. 

Grounded

5 week school-based program

Helps students recognise and manage anxiety, stress, and feelings of overwhelm; identify early warning signs; understand emotional responses; and develop practical coping strategies for school and beyond.



\$1500



1 hr session



inclusive of all costs
and materials



for primary and
high school



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Let's support calm, confidence
and connection—together.

Equipping
students with
skills to manage
stress, build
resilience and
thrive!