Creative After School Classes in 2016

Tuggeranong Child and Family Centre
159 Anketell Street, Greenway ACT

We offer creative after school classes for children and young people with mild to moderate mental health issues through the Bungee program.

Bungee is an early intervention and preventative mental health service based on principles of active participation, social inclusion and the therapeutic potential of the arts. Through our recreational activities we promote creativity and social learning as positive ways of enhancing resilience, positive self-images and emotional well-being in children and young people.

Bungee welcomes all participants who would benefit from such programs. The activities are especially tailored to suit children and young people who are going through challenging times in their lives or are experiencing mental health difficulties.

Bungee also offers individual counselling sessions and therapeutic support. Up to 8 sessions per child are available to identify the individual needs of children, and the way that their development can be supported through individual and group work, and through parental support.

For enquiries and bookings please contact the Bungee team 6264 0200 or email to bungee@bcsact.com.au

These classes are a joint initiative between Tuggeranong Child and Family Centre and the Bungee Program.
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EXPRESSIVE ART
Made by Me
Age 7 - 11
Wednesdays 3.30 – 4.30 pm
10 February – 6 April
4 May – 29 June
27 July - 21 September
19 October - 7 December

YOUTH DRAMA
Acting Up
Age 8 - 13
Fridays 3.30 – 4.45 pm
12 February – 8 April
6 May – 1 July
29 July - 23 September
21 October - 9 December

WORRY BUSTERS, COOL KIDS & CIRCUS
Anxiety Support, Cool Kids & Circus
Age 9 – 12
Fridays 1.30 – 3.00 pm
5 February – 8 April (Graduate program)
6 May – 1 July
22 July – 23 September
21 October – 9 December (Graduate program)

All classes are free and ongoing throughout the year. It is advisable to book early as classes may fill quickly.

If classes are fully booked we offer places on waitlists.

We also offer classes at Belconnen Community Centre. Please contact the Bungee team for further information.