

## Other resources available from SCW

### Moody Mates

Great tactile toy. When you feel anxious, give him a squeeze or stretch him out.

RRP \$4.95 each - Postage extra.



### Smiley Faced Stress Ball

Has a firm base to sit on desk or hard surface, pocket sized so you can carry him around and give him a squeeze when you need to.

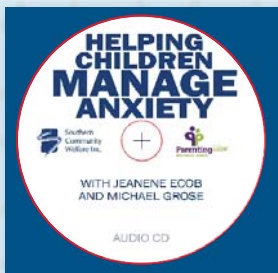
RRP \$4.95 each - Postage extra.



### Interview CD

An interview between SCW Executive Director Jeanene Ecob and leading Parenting Educator Michael Grose on Helping Children Manage Anxiety. Includes tips and helpful strategies for coping with anxious times.

RRP \$4.95 each - Postage extra.



## Order Form

### Personal Details:

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Phone: \_\_\_\_\_

### Order Details:

Qtys Required:

Mr Jitters	<input type="text"/>	@ \$14.95 =	<input type="text"/>
Everyday Jitters	<input type="text"/>	@ \$14.95 =	<input type="text"/>
Speech Day Jitters	<input type="text"/>	@ \$14.95 =	<input type="text"/>
Interview CD	<input type="text"/>	@ \$ 4.95=	<input type="text"/>
Moody Mates	<input type="text"/>	@ \$ 4.95 =	<input type="text"/>
Smiley Stress Ball	<input type="text"/>	@ \$ 4.95 =	<input type="text"/>

Plus postage per 2 items anywhere in Australia \$5.00.

Total =

### Payment Options:

- Cheque or money order**  
 Please attach and post to 2-8 Tea Gardens Ave, Kirrawee NSW 2232  
 Cheques to be made out to Southern Community Welfare.
- Direct Deposit**  
 Our account details are BSB: 704 922 Account Number: 100006128  
 Account Name: Southern Community Welfare.  
 Please put your name or organisation name as a reference and email or fax order and confirmation of payment to our office on admin@scw.org.au or fax 02 95216252.
- Credit Card**  
 Please complete card details below and mail or fax to our office on 02 9521 6252.  
 Card Number: \_\_\_\_\_  
 Name on card: \_\_\_\_\_  
 Expiry Date: \_\_\_\_ / \_\_\_\_ CCV Number: \_\_\_\_\_  
 Signature: \_\_\_\_\_  
 Total Amount: \_\_\_\_\_

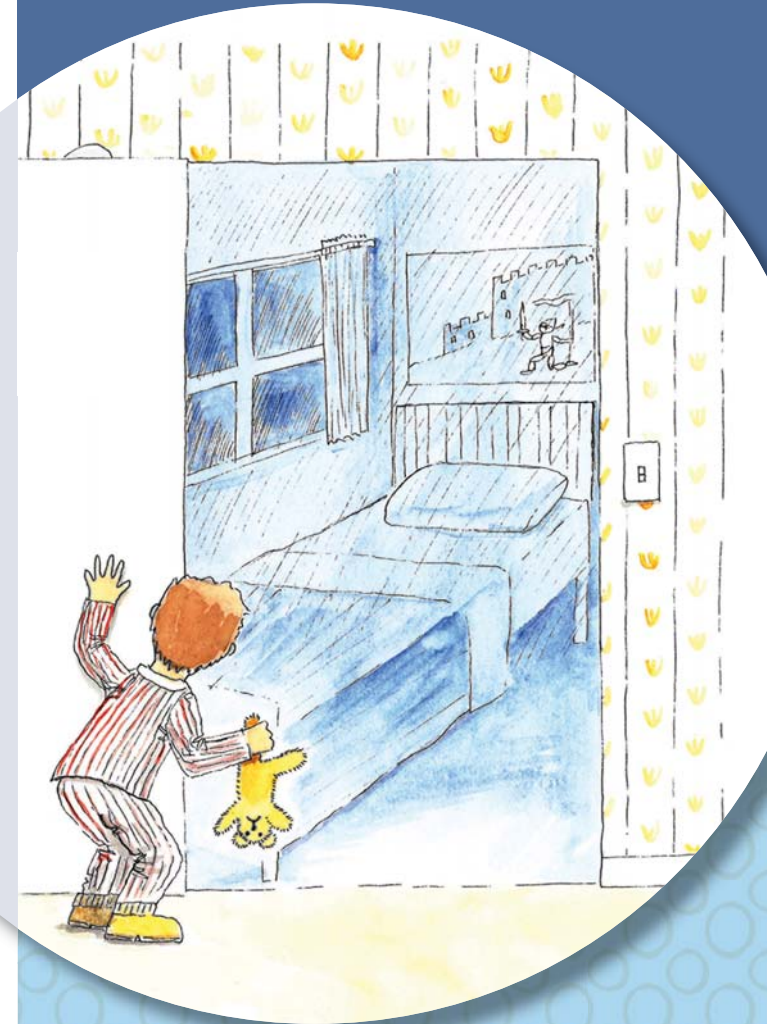
### Southern Community Welfare Inc.

2-8 Tea Gardens Ave,  
 Kirrawee NSW 2232.  
 (enter via Princes Highway)  
 Phone: 02 9545 0299  
 Fax: 02 9521 6252  
 E-mail: admin@scw.org.au  
 For more information on our services visit www.scw.org.au



Southern  
 Community  
 Welfare Inc.

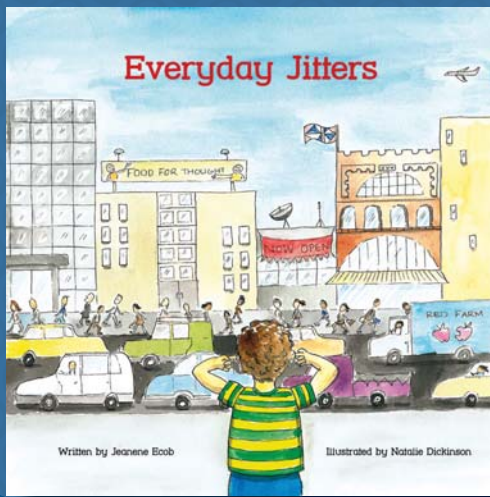
## Anxiety Resources



Resources for supporting  
 children and families  
 through anxious moments



In the community  
 Caring, Equipping, Empowering, Hope



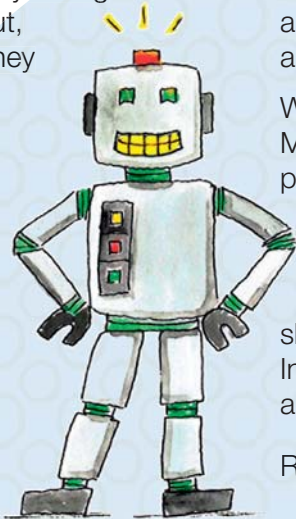
## Everyday Jitters

Written by Child and Family Therapist Jeanene Ecob for children aged 2-6 years, this book is designed to help children manage their fears about everyday situations, e.g. the dark and thunderstorms.

Children can only overcome anxiety by facing the things that they are anxious about, confronting them and learning that they will be okay. The positive maxim "Bigger Stronger I think I can" spurs children on in these moments as an encouragement to keep on trying, keep learning and keep believing they can face their fears.

Success at these times promotes confidence in their own abilities. Includes parent notes.

RRP \$14.95 - GST Free, Postage extra.



## Mr Jitters

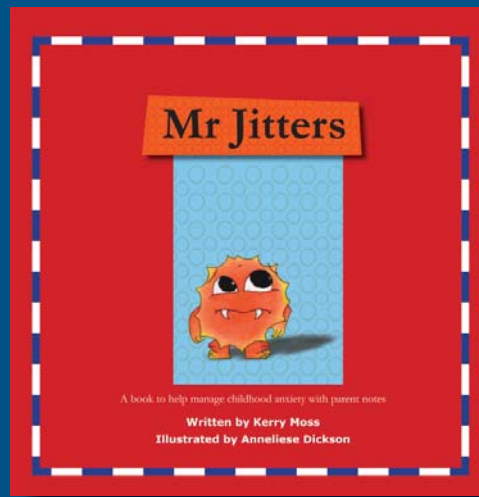
A valuable resource for children, aged 4-9 and their families to help with anxious moments. This book is designed to be read by parents (and/or professionals) to children.

This story is about a young girl's first bike ride and how her dad helps her to overcome her anxiety to enjoy the new experience.

Written by Child and Family Therapist Kerry Moss, this book is innovative as it engages parents to work with their child in their anxious moments to challenge their "Mr Jitters".

The aim is to empower parents to assist their children to develop creative skills to fight anxiety for now and for the future. Includes recommendations and parent notes.

RRP \$14.95 - GST Free, Postage extra.

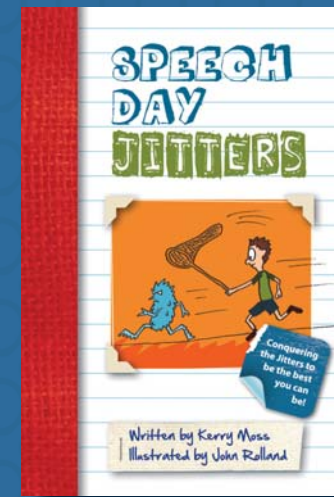


## Speech Day Jitters

When Dan's teacher announced that it was time to do speeches again, Dan suddenly did not feel too good! Pesky Mr Jitters exploded into life and was determined to make Dan believe he would fail. With some help from his teacher, Dan learns creative ways to outsmart Mr Jitters.

This book is designed for children aged 8-13 targeting the area of performance anxiety. It is a story that helps children seek support and use previous success to face anxious moments. Whether these moments are to do with sports, dancing, singing or making speeches, this book will help you to conquer the Jitters to be the best you can be! Includes top tips for making great speeches.

RRP \$14.95 - GST Free, Postage extra.



To make an order phone us on 9545 0299 or visit our website [www.scw.org.au](http://www.scw.org.au).

We accept cash, cheque, Visa, MasterCard and EFTPOS.

We are a not for profit organisation and all proceeds from resource sales will fund future projects.