



# COOL DOWN

Cool Down is a six-week small-group anger-management program aimed at middle-school students (yrs 5-8). The program creates a safe space in which to explore anger issues and practice self-management and communication skills using fun activities. Chaplains and volunteer community mentors currently run SU's Cool Down program in both urban and rural schools in Victoria.

Childsafe training, volunteer checks and registration, insurance, access to ongoing coaching and SU's experience are all part of the SU partnership.

Further information about the Cool Down program can be found on our website, or call us for a Cool Down Kit.

## SU ELEVATE

*SU's ELEVATE programs aim to dynamically:*

*CONNECT with young people and school communities*

*BUILD up positive values and resilience in young people*

*EMPOWER young people to transform their school and community*

### Contact the SU Schools Team for a Cool Down Kit

[schools@suvic.org.au](mailto:schools@suvic.org.au) [www.suvic.org.au/cooldown/](http://www.suvic.org.au/cooldown/)  
455 Springfield Road Mitcham 3132. (03) 9482 5700



COME TO LIFE