

# Filling in the puzzle

The bigger picture of engagement



# KidsXpress

Supporting Children's Mental Health through  
Trauma-Informed Therapy and Education Services



It's like if you are an injured bird and go to the hospital to have your wing fixed. That's what KidsXpress is like. You leave when you can fly again."

10-yr old former client



A registered charity, **KidsXpress** is a specialist children's mental health organisation delivering trauma-focused Expressive Therapy and Education Services to children under **the age of 12yrs** and their caregivers. Established in 2005, KidsXpress sought to address the lack of services available to children who were living with the effects of Adverse Childhood Experiences (ACEs) such as neglect, abuse, grief and other significant trauma.

Using the therapeutic benefits of **art, music, drama and play**, our nationally accredited Expressive Therapy program (AIFS 2015) supports children towards restored socio-emotional health and wellbeing, while our NESAC accredited (2019) Trauma-Informed Education Services help build the capacity of educators to **better recognise and respond to children impacted by trauma**.

Our programs are delivered at our Macquarie Park headquarters and directly onsite at **partner schools**. By supporting the child and their caregiving network in tandem, we're addressing the insidious and cumulative effects of ACEs before they become entrenched problems in adulthood and...**creating a lifetime of change**.

Creating a lifetime of change

