

## Acknowledgments

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The SMILES Program has generously been made available to freely access and download via [www.copmi.net.au](http://www.copmi.net.au)

It is recommended that the program be delivered as it has been designed over three consecutive days, as per the suggested daily plan. This has proved to be a very effective format (see program evaluation). The life skills activities are appropriate for use in individual counselling sessions, may be adapted for use with other populations and have all been used successfully with adults as well as children.

Should you use any part of the program in any form or by any means please acknowledge the author, Erica Pitman, in full.

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