



Term 4 2020

Yarra Junction – 3 Little Yarra Road

Tuesdays 4-5pm – Radiating Resilience – Ages 9-12 – Holly Moreton

This small group will be a great opportunity for children to meet peers, create new connections & learn important & lasting social skills that can be applied at school, home & within the community. Within the context of restrictions in 2020, we want to build skills of resilience & social interaction to assist young people as they return to on campus learning in Term 4. Skills that will be incorporated into the program include verbal & non-verbal communication, conversation & listening skills, turn taking, working as a team & conflict resolution. The aim of the group will be to teach these skills using fun, engaging activities. Activities will be targeted at the developmental level of the children participating & incorporate both group dynamics as well as individual skill building. The program includes 5 sessions (60 mins) during Term 4.

Wednesdays 11:15am – Get Set for School – Prep 2021 – Moya Matthews

This program will target a variety of areas to support a positive transition to primary school, as well as boosting a positive atmosphere in the lead up to this transition to school life. Activities & skills covered will include building emotional awareness & problem-solving skills, basic assertiveness & communication skills, routines & transitions (including separation from carers), engaging in group activities (floor & table-top based), fine motor skills, independence, friendships & positive play (e.g. turn taking, winning & losing, sharing). Each Prep will have individual areas that need more focus, & this will be incorporated as well as the dynamics of a group & social environment. The program includes 5 school readiness sessions (90 mins) and 2 parent/carer sessions (60 mins).

Saturdays 10:15am-11:15am – Go Zen! Anxiety – Ages 6-8 – Ruben Pinzon & Alicia Fisher

The GoZen! Anxiety relief program teaches your child how to understand and control their worry. Since stress, pressure and challenges are part of everyday life, these are skills your child will use forever. We are targeting this term's program for children aged 6-8, so content will be presented at a developmentally appropriate level. Information is presented in animations, with activities combining to help children to understand and practice each concept. The program will be run for up to 6 children and includes 6 fortnightly sessions (60 mins).

ONLINE – Wednesday 4pm-5pm – Hello High School – Year 7 2021 – Lisa Archer

Are you or someone you know starting high school in 2021? The transition from primary to secondary school is one of the most significant changes children will experience. A positive transition can help pave the way for a successful high school experience. Strong Minds Psychology is running a term-long online group program for students starting Year 7 in 2021. The program will focus on several areas including organisation, friendships, time & work management, as well as managing school & academic anxiety. The program will be run for up to 8 children where they will be able to participate in a range of group activities & discussions incorporating both group dynamics as well as individual needs. The program includes 6 online student sessions (60 mins).

For more information about these programs or to secure a place, check out the Strong Minds Psychology website – www.strongmindspsychology.com.au or contact the team on 03 5967 1438 or strongmindspsychteam@gmail.com