



Where: Yarra Junction, 3 Little Yarra Rd, Yarra Junction

When: January 18th to 22nd 2021

Go Zen: Go to the Now – Grade 2-4 – 9am to 10.30am

The GoZen! Go to the Now mindfulness program will introduce core skills of mindfulness to your child's life so that they can experience the numerous benefits of this practice. This program will walk kids through a sequence of research-based mindfulness exercises that have been shown to boost attention, increase compassion, regulate emotions, calm the nervous system, enhance adaptability, and cultivate resilience.

Get Set for School – 2021 Prep & Grade 1s – 11am to 12.30pm

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 child will have individual areas that need more focus, & this will be incorporated as well as the dynamics of a group & social environment.

Adoles-Sense – Year 8 to Year 12 – 1pm to 2.30pm

This group will be a chance to meet peers, create new connections & learn important & lasting social skills that can be applied at school, home & within the community. These groups will help facilitate more effective communication for young people, both within current friendships as well as when meeting new people. Skills that will be incorporated into the program include verbal & non-verbal communication, conversation & listening skills, working as a team & conflict resolution. The aim of the group will be to teach these skills using fun, engaging activities conducted both within the clinic setting, and out in the local community. ***Please note that part of these sessions will include participation in community activities.***

Leadership and Teamwork Grade 5 to Year 7 – 3pm to 4.30pm

This group will help facilitate increased self-esteem, resilience, and positive relationships with peers, as well as be a great opportunity for children to meet with peers, create new connections, & learn important social skills that can be applied at school, home, & within the community into the future. Skills that will be incorporated into the program include goal setting, identifying personal strengths, assertive communication, co-operating with others, working as a team, & solution focused problem-solving. The aim of the group will be to teach these skills using hand-on creative projects, discussions, & interactive games.

For more information about these programs or to complete your enrolment form, check out the Strong Minds Psychology website at www.strongmindspsychteam@gmail.com