



Term 3 & 4 2021

Yarra Junction, Warragul & Online Program Information

Term 3

YARRA JUNCTION – Term 3 - Thursdays 4-5pm – Great Mates Program – Ages 7-10

This groups 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. The group will help facilitate more effective communication for children, 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, turn taking, working as a team & conflict resolution. The aim of the group will be to teach these skills using fun, engaging activities, & build resilience. 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 6 sessions (60 mins) during Term 3.

WARRAGUL – Term 3 - Tuesdays 11:15am –School Skills Success – Kindergarten & Prep students 2021

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. The program includes 5 school skills sessions (90 mins) and 2 parent/carer sessions (60 mins).

ONLINE – Term 3 – Monday 4-5pm – Smashing Senior School – Students engaged in Year 11 & 12 or equivalent in 2021

The final years of secondary schooling can be overwhelming, even without adding a pandemic and lockdowns to the picture. Balancing academic, social, & possibly part-time work demands, as well as trying to figure out “how to be a grown-up” is a big task. This online program will bring together senior school students from a variety of backgrounds & locations in an opportunity to connect with those navigating a similar time of life. The program will focus on several areas including relationships, self-care (including sleep, exercise & diet), organisation, boosting mental health & wellbeing, & managing anxiety/stress. This program has been developed especially for this stage of life, so that the focus will be on YOU as you transition towards the end of secondary school life. The program includes 10 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



Term 4

ONLINE – Term 4 - Thursday 4pm-5pm – Hello High School – Year 7 2022 – Lisa Archer

Are you or someone you know starting high school in 2022? 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 2022. 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).

Date TBC

YARRA JUNCTION – Wednesday 9:30-11:30 – Dates TBC – Mindful Parenting – Parents & Carers

Being a parent or carer is a lifelong role, and it can be challenging to engage in this mindfully, particularly in a world that is often stressful, can seem time poor, and in the current pandemic context, overwhelming. This program will include instruction and opportunity to practice mindfulness skills, including but not limited to meditation-based practices. The group will allow participants a safe space to share experiences and work together on building skills and confidence. Comfortable, loose clothing and perhaps a comfy cushion are recommended, and sessions will run during school hours to help facilitate parent/carer participation in the program. The program includes 6 clinic sessions of 2 hours each.

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