



Term 4 2020
Warragul – 40 Albert Street

Fridays 4-5pm - Take Action Against Anxiety – Ages 9-12 – Richard Dagher & Stephanie Terlato

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. Take Action! Is a six week program designed to help your child learn how to identify & manage their anxiety. The program also includes parent sessions to help you understand the skills your child is learning in order to be able to continue to support your child after the program ends. The aim of the group will be to teach these skills using fun, engaging activities incorporating both group dynamics as well as individual skill building.

The program includes 6 child sessions and 6 parent/carer sessions held at the same time (60 mins).

Thursdays 11:15am – Get Set for School – Prep 2021 – Moya Matthews & Suzannah Willis

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).

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 week-long 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