



Yarra Junction – 3 Little Yarra Road

Go Zen! Anxiety – Ages 6-12 – 11:15am-12:45pm

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. Due to the ongoing challenges that we have all been facing, we are including children from across primary school levels to engage, with clinicians experienced to support each child at their own level. Information is presented in animations, with activities combining to help children to understand and practice each concept.

Dungeons & Dragons – ages 10-16 – 2:15-3:45pm

A short Dungeons & Dragons (D&D) group will be run at Strong Minds Psychology in the upcoming holidays. D&D is a role-playing tabletop game that involves character building, strategic battles, communication, & teamwork. Much of D&D is fantasy based & requires you to use your imagination & problem-solving skills. The focus of our D&D group will be to teach social skills & communication (e.g. using body language, tone of voice, greetings, & having a conversation), practice conflict resolution skills (e.g. players will be shown how to respond to a problem & will need to practice ways they can resolve the issue appropriately), & teamwork skills (e.g. helping other players resolve problems & encouraging them to complete difficult tasks). Prior to starting the group program, your child will be provided with a short guide on how to build their own character & how to play. Materials, such as dice & miniature models will be provided throughout the program.

Warragul – 40 Albert Street

Go Strengths! Well-being & Resilience – Ages 9-13 – 9:30-11:00am

This group will be a great opportunity for children to meet peers, create new connections & learn important & lasting skills that can be applied at school, home & within the community. This program is a social and emotional learning program created using engaging digital animations. 8 key skills are focussed upon that either help deal with challenges (to decrease the “bad stuff”) or help boost happiness (to increase the “good stuff”) in young people’s lives. Activities will be targeted at the developmental level of the children participating & incorporate both group dynamics as well as individual skill building.

Games Galore – Ages 5-11 – 11:30am-1:00pm

Through engaging in a variety of inside, outside, tabletop and active games, this group will be a chance to learn the social and emotional skills needed to have fun playing with others. These groups 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 being a good sport, conversation & listening skills, turn taking, dealing with frustrations, working as a team & conflict resolution.

Creation Station – Ages 10-15 – 2:00-3:30pm

Activities & skills covered within this program will include a wide range of executive functioning areas, such as problem-solving, decision making, planning & sequencing, as well as fine motor skills, daily living, basic communication skills within a team, and emotional awareness. Engaging in a variety of activities in a group setting will allow the opportunity to practice social and emotional regulation skills in a supported manner, whilst dealing with the day-to-day tricky moments that arise when doing a new activity, or when working in a group.

For more information about these programs or to secure a place, contact Strong Minds Psychology on 03 5967 1438 or strongmindspsychteam@gmail.com