



Where: Warragul – 40 Albert Street

When: January 18th to 22nd 2021

Get Set for School – 2021 Prep & Grade 1s – 9am to 10.30am

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.

Go Zen: Go to the Now – Grade 2-4 - 11am-12:30pm

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.

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.***

Dungeons & Dragons – 11yo to 18yo – 3pm to 4.30pm

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.

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