



### **Yarra Junction – 3 Little Yarra Road**

#### **Social-Emotional Success – Grade 3 & 4 2020 – 9am-10:30am / Grade 1 & 2 2020 – 11am-12:30pm**

These 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. 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 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. Activities will be targeted at the developmental level of the children participating & incorporate both group dynamics as well as individual skill building.

#### **1pm-2:30pm – Hello High School – Year 7 2020**

Are you or someone you know starting high school in 2020? 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 2020. 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.

#### **3pm-4:30pm – Dungeons & Dragons – Grade 5 & 6 2020**

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.

#### ***ONLINE – 3pm-4pm – Smashing Senior School – Students engaged in Year 11 & 12 or equivalent in 2020***

The final years of secondary schooling can be overwhelming. 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. Each student involved will have the opportunity to contribute ideas before the program begins, so that the focus is on YOU as you transition towards the end of secondary school life.

***For more information about these programs or to secure a place, contact Strong Minds Psychology on 03 5967 1438 or [strongmindspsychteam@gmail.com](mailto:strongmindspsychteam@gmail.com)***