



Warragul – 40 Albert Street

Social-Emotional Success – Grade 3 & 4 2020 – 9am-10:30am

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 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 incorporating both group dynamics as well as individual skill building.

11am-12:30pm – Get Ready for Prep 2020 – School Readiness

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.

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 – Leadership & Teamwork – Grade 5 & 6 2020

This group will help facilitate increased self-esteem, resilience, & positive relationships with peers, as well as be a great opportunity for children to meet with peers from upper primary school, create new connections & learn important social skills that can be applied at school, home & within the community into the future. Skills that will be incorporated into the program include goal setting, identifying personal strengths, assertive communication, co-operating with others & working as a team, & solution focused problem-solving. The aim of the group will be to teach these skills using hand-on creative projects, discussions, & interactive games.

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