



Little **HIGHWAY HEROES**

THE PROGRAM:

This program provides opportunities to make connections with others, build confidence, independence and practice self-regulation. It also addresses tough stuff like teasing, silliness, and bossiness.

SKILLS TARGETED:

- Develop confidence within a group setting
- Develop skills to help make and maintain friendships
- Develop resilience and the ability to bounce back from challenges at home, school or in the playground
- Learn and practice skills to manage feelings and calm down
- Develop positive thinking

DETAILS:

Time: Daytime program (during school hours)

Frequency: Weekly for 8 sessions + report

Ages: 4-6 year olds

Location: Bundoora Clinic

Please contact our clinic to receive a service agreement with pricing information.

