



## 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
- Develop skills to 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:

**Starting Date:** July 16th, 2024

**Time:** 12:15-1:15pm

**Frequency:** Weekly for 8 Sessions + 1 Report

**Ages:** 4-6 Year Olds

**Therapists:** Michelle & Tessa

**Location:** Bundoora Clinic



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

