



THE PROGRAM:

This is a program designed for girls to develop self-confidence, resilience and problem solving skills whilst allowing for increased opportunity to develop social connections with same-aged peers.

SKILLS TAUGHT:

- Self-love and confidence
- Growth mindset
- Resilience and problem solving skills

DETAILS:

Date: Wednesdays Term 1 2025, Commencing 5th February

Time: 4pm-5pm

Frequency: Fortnightly for 5 Sessions + report

Ages: 6+ yr olds

Location: Bundoora Clinic

