



THE PROGRAM:

Class of '26 is a program designed to support adolescents who are transitioning into High School in 2027.

SKILLS TARGETED:

- Build skills in managing new routines, schedules, and organisational demands.
- Develop social skills and strategies for making new friends and navigating high school relationships.
- Enhance emotional regulation and coping skills for managing change and potential stressors.
- Foster self-advocacy and independence in a high school environment.
- Build confidence in managing sensory challenges and ensuring self-care in a new setting.
- Learn strategies to manage cyber safety and address bullying situations effectively.

DETAILS:

When: Term 4, 2026

Time: 4pm-5pm

Frequency: 5 Sessions + report

Ages: children and adolescents transitioning to year 7

Location: Bundoora Clinic

Please contact our clinic on 03 9404 0338 to receive a service agreement with pricing information.

