**Term 2: Social Skills Group Work**

This term Student Wellbeing Services will be introducing a weekly Social Skills Group Work program that will operate throughout Term 2. During these sessions, a small number of students will participate together in many practical social skills based activities and all the sessions will occur at school, free of charge.  Each session will run for approximately 45 minutes and will run for 8 weeks.

The sessions will focus on developing the following skills:

 Positive Communication

 Dealing with disappointments

 Making & maintaining positive friendships

 Resolving Conflict

 Building resilience & coping skills

 Learning about emotions

 Behaviour management techniques/strategies.

*In addition to the Social Skills Group Work, Renee will also be facilitating the Season for Growth Program.*

**Seasons for Growth**

**Seasons for Growth** is a small group program that combines psychology and education with peer support, within a student centred learning approach. The Program will run over 8 sessions throughout Term 2 with small groups of 4-7 participants and is facilitated by Renee Dowling who is our Leader of Student Wellbeing

Prep-9.  Renee is a qualified Social Worker with over 18 years of clinical experience.

Change affects everyone differently, as doe’s grief.  It is the impact of the change, not the event itself that Renee will be focussing on with your child for the Seasons for Growth program.

**Who is it for?**

Anyone who is living with the effects of change and loss.

Many factors can cause change such as:

 Friends can come and go

 Loss of someone or something you love

• Parents and families separate

• Moving to a new place

• Impact of illness

 Family work-life changes

If you feel that, your child would benefit from participating in either of these programs please

email: brookside.p9@edumail.vic.gov.au attention Renee Dowling or phone the office on 7379 1555 by Friday May 11.