

# Grow Wellbeing

## SENSORY SEEKERS GROUP



**Registration is  
open until 30th  
of June 2021**

### SOCIAL SKILLS GROUP

High Energy Sports  
Team Challenges  
Bush Walking  
A lot of Fun !

2 DATES AVAILABLE

07/07/21 &  
14/07/21  
10AM-1PM

Open to:

all boys between 11 to 15  
years of age

High energy levels or  
willing to give it a go to  
physical activities

Ready to meet and make  
friends



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- Group Size: Maximum places are set at 10

**The group is therapy focused and uses sport and recreation to create a safe space for participants to:**

- socialise and practice social and communication skills**
- explore friendship**
- emotional understanding**
- further physical and motor skills in a social space**
- build individual confidence in a social setting**

Two sessions aimed at supporting positive socialisation while participating in physical activity; cricket, footy, soccer, team challenges, bush walking.

**Run by experienced Health professionals:**

**Jon Morton, Ben Butfield and James McCance**

Our focus is on positive reinforcement and encouraging children to actively share things about themselves in a supportive, rule bound group.



## What you need to know

### 2 DAYS PROGRAM

WEEK 1: 7<sup>TH</sup> OF JULY 2021 10AM TO 1PM (\*)

(\*) this is a draft program and as we are raising expressions of interests, dates & times may be subject to changes if enough parents/guardians prefer another dates or times.

10:00 AM - Warm up; rules; group sharing (15min)

10:15 AM - Morialta bush walking (60-80 min)

11:30 AM - GROUP SPORT PLAY (depending on group preferences) (25-40 min)

WEEK 2: 14<sup>TH</sup> OF JULY 2021 10AM TO 1PM

10:00 AM - Warm up; group sharing (15min)

10:15 AM - Bush walking (60-80 min) - Group chooses location of walk during week 1 (Cobbler Creek, Black Hill, Mount Crawford)

11:30 AM - GROUP SPORT PLAY (depending on group preferences) (25-40 min)

## What to bring

Water bottle

Covered shoes

Jacket/jumper

Spare clothing if weather conditions are wet

## What to expect

**Transportation:** Grow wellbeing can pick children up from their home location or guardians can drop of at our head office 121 North east Rd, Collinswood.

Snacks/plenty of water provided



# Grow Wellbeing



## Cost Involved

- The cost of the group is \$250.00/day (NDIS rebate full amount) (\*) enquiry for extra cost if you prefer GWB to pick child up from their home
- After you complete the registration form, we will invoice you/your plan manager as prior payment its required to help us to be ready ahead in time
- If you are not able to attend a session, the full group cost will be charged
- We recommend for your child to attend both dates to maximise friendship building skills

Parent attendance is not required but one adult per family is more than welcome to join in if they wish.

TO REGISTER TO ATTEND THIS PROGRAM, PLEASE FILL IN THE  
[REGISTRATION FORM AVAILABLE HERE:](#)

If you need more information or you would like to talk with one of our therapist about the group program, please contact us

Grow Wellbeing Services  
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