

TOTALLY AU-SOME!

I like me, I can manage
tricky situations and
I have good friends!



Do you have an 7 to 11 year old son* with Autism Spectrum Disorder?
Totally Au-some is a group which:

- Helps children understand autism in way which supports their positive self-concept
- Provides strategies for them to feel calm and confident when they are having tough times
- Helps them communicate and talk about how they feel
- Provides strategies for them to build positive relationships with their friends

- Totally Au-some is a 6 week Saturday morning group ^
- Week 1 is a parent/caregiver-only (two parents can attend) session, Week 2-6 are for **one parent/caregiver AND one child to attend together**.
- We watch short animated videos, have group discussion and activities.
 - There is 40 minutes of "at home" practice between each sessions.
- All sessions are run by an experienced clinical child psychologist (Michelle Alexander)

Dates/Times: 23rd October – 27th November (9am-10.15am or 10.45-12.00)

Location: Developing Minds Clinic, Aberfoyle Park Shopping Centre, Aberfoyle Park

Cost: \$445 for entire 6 week group. (May be able to be claimed using a child's NDIS funding if it is consistent with their NDIS plan goals). **Places are strictly limited to only 7 families. To book in** or for more info: Email Amy at amy@developingminds.net.au



^Please note, families need to attend all 6 sessions.

*This term's group is for boys/children identifying as male –
next term we will run a group for girls/children identifying as female)



DEVELOPING MINDS
Helping kids & teens feel calm, confident,
cooperative and cope with challenges