

# SCHOOL HOLIDAY PROGRAMS

## SEPTEMBER/OCTOBER 2020

Learning Links runs a range of small group programs during the School Holidays, to help children aged 4-12 years to develop social skills, strategies for emotional regulation and ways to manage anxiety. All programs are fun and engaging and are facilitated by our team of psychologists and speech pathologists.



### PLAY AND LEARNING TO SOCIALISE (PALS)

#### SOCIAL SKILLS PROGRAM: 4-6 YEARS

PALS is an evidence-based program to help children develop a range of social behaviours for the early years of school. Using puppets, stories, games and role play, children learn important skills like greeting others, talking and listening, taking turns, understanding feelings and problem-solving in social situations. The program is suitable for young children who may need extra support in social situations or in the lead up to preschool or kindergarten.

**COST** \$225 for a 2-day program (2 hours/day)



### THE ZONES OF REGULATION

#### EMOTIONAL REGULATION PROGRAM: 6-8 AND 9-12 YEARS

The Zones of Regulation aims to address challenges with emotional and sensory regulation, and social skills. Using visuals, play-based activities, role playing and video modelling, the program teaches self-regulation by helping children to categorise their emotions and develop strategies to control their impulses and cope when they feel overwhelmed. It is suitable for all children, including those with ASD, ADHD or mood disorders.

**COST** \$225 for a 2-day (3 ¾ hours/day) or  
3-day program (2 ½ hours/day)



### TAKE ACTION

#### ANXIETY MANAGEMENT PROGRAM: 8-12 YEARS

Take Action is an evidence-based program that teaches children helpful ways to cope with anxiety. Using letters in the word A-C-T-I-O-N to highlight a range of skills, children develop a personalised 6 step action plan to manage their fears and worries. This gives them practical strategies to improve their social skills and wellbeing. Take Action is suitable for children who are anxious and need support to cope at school and in social situations.

**COST** \$225 for a 2-day program (3 ¾ hours/day)

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### SCHEDULE

#### Bella Vista

Week 1	Mon 28 September	Tues 29 September	Wed 30 September	Thurs 1 October	Friday 2 October
		Zones of Regulation (6-8 yrs): Day 1 9.30am - 1.15pm	Zones of Regulation (6-8 yrs): Day 2 9.30am - 1.15pm	Take Action (8-12 yrs): Day 1 9.30am - 1.15pm	Take Action (8-12 yrs): Day 2 9.30am - 1.15pm
Week 2	Mon 5 October	Tues 6 October	Wed 7 October	Thurs 8 October	Friday 9 October
	PUBLIC HOLIDAY			PALS (4-6 yrs): Day 1 9.30am - 11.30am	PALS (4-6 yrs): Day 2 9.30am - 11.30am

#### Gledswood Hills

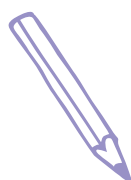
Week 1	Mon 28 September	Tues 29 September	Wed 30 September	Thurs 1 October	Friday 2 October
	Take Action (8-12 yrs): Day 1 9.30am - 1.15pm	Take Action (8-12 yrs): Day 2 9.30am - 1.15pm	PALS (4-6 yrs): Day 1 9.30am - 11.30am	PALS (4-6 yrs): Day 2 9.30am - 11.30am	
Week 2	Mon 5 October	Tues 6 October	Wed 7 October	Thurs 8 October	Friday 9 October
	PUBLIC HOLIDAY	Zones of Regulation (6-8 yrs): Day 1 9.30am - 1.15pm	Zones of Regulation (6-8 yrs): Day 2 9.30am - 1.15pm		

#### Liverpool

Week 1	Mon 28 September	Tues 29 September	Wed 30 September	Thurs 1 October	Friday 2 October
				Zones of Regulation (6-8 yrs): Day 1 9.30am - 1.15pm	Zones of Regulation (6-8 yrs): Day 2 9.30am - 1.15pm
Week 2	Mon 5 October	Tues 6 October	Wed 7 October	Thurs 8 October	Friday 9 October
	PUBLIC HOLIDAY				

#### Peakhurst

Week 1	Mon 28 September	Tues 29 September	Wed 30 September	Thurs 1 October	Friday 2 October
	Zones of Regulation (6-8 yrs): Day 1 9.30am - 12.00pm	Zones of Regulation (6-8 yrs): Day 2 9.30am - 12.00pm	Zones of Regulation (6-8 yrs): Day 3 9.30am - 12.00pm	Take Action (8-12 yrs): Day 1 12.15pm - 4.00pm	Take Action (8-12 yrs): Day 2 12.15pm - 4.00pm
Week 2	Mon 5 October	Tues 6 October	Wed 7 October	Thurs 8 October	Friday 9 October
	PUBLIC HOLIDAY	PALS (4-6 yrs): Day 1 9.30am - 11.30am	PALS (4-6 yrs): Day 2 9.30am - 11.30am		
		Zones of Regulation (9-12 yrs): Day 1 12.15pm - 4.00pm	Zones of Regulation (9-12 yrs): Day 2 12.15pm - 4.00pm		





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### FUNDING AND REBATES

The PALS, Take Action and The Zones of Regulation programs are registered under the NDIS.

### HEALTH AND SAFETY

Learning Links continues to follow the most up to date government guidelines to ensure the health and safety of children, families and staff. School Holiday Programs will be limited to small groups of 4-6 children to maintain effective hygiene and social distancing practices wherever possible.

### MORE INFORMATION

For more information or to book, call us or visit our website:

 Call 1300 003 900

 Email [mail@learninglinks.org.au](mailto:mail@learninglinks.org.au)

 Visit [www.learninglinks.org.au/school-holiday-programs](http://www.learninglinks.org.au/school-holiday-programs)

