

What do we offer?

We have our great social skills group training (PEERS), individual psychological support and individual parent support. We also offer affordable ADHD assessments done by an AHPRA registered psychologist.



Our Services

- PEERS 14-week Social Skills Training
- Individual Psychological Support
- Parent Support
- ADHD assessments



Beyond Challenges

Our online model fits in with your schedule and doesn't interfere with your child's learning. Sessions run outside of school hours and parents are involved throughout the mental health journey. The program we offer has a clear start and end dates with checkpoints along the way so you know what to expect.

Contact Us:

www.raiseandlearn.com.au

Email: info@raiseandlearn.com.au



Mental Health Support

Building confidence and fostering connections

Who are we?

Raise & Learn was born from a passion for accessible mental health support. We understand the frustration of dealing with long waitlists and long hours sitting in traffic to be able to access support providers, so we designed a fully online service, with no waitlists for psychological support and after school hours.

How can we help?

Visit our website: raiseandlearn.com.au and book a 15-min free call to discuss it.



Support to Grow

If your child is struggling to make and maintain friendships, fully understanding social cues or completing everyday activities. Through the internationally proven PEERS program, barriers are broken down and paths laid towards independent lives.

How is the Individual Parent Support?

Parenthood isn't a linear process and, although we know that we are always doing the best we can with what we have, we might struggle when thinking about strategies to support our child's development. We got you! Our Education Specialist can help you develop activities that will support your child's specific sensory needs and cognitive development.

What is PEERS?

PEERS is short for Program for the Education and Enrichment of Relational Skills and it has been studied for more than 20 years at UCLA by Dr Elizabeth Laugeson. The program is a manualised, 14-week group social skills intervention for adolescents (13-17 years old) and young adults (18-28 years old) struggling with social skills.

How is the program?

The PEERS program is beneficial for participants with a diagnosis of ADHD, high functioning ASD, social anxiety or any challenges that may impact their social skills. The groups have between 8 and 10 participants of a similar age level, meeting for 1.5h weekly for 14 weeks. The parents/carer are considered the "social coaches" and provided with a similar space to discuss how to support the participants with their weekly tasks.

