

Grow Wellbeing

LITTLE LEGENDS GROUP PROGRAM



**Registration closes
24th of September**

SOCIAL SKILLS GROUP

- Social Interaction
- Full of Adventures
- Team Sports
Activities
- A lot of Fun !

4 DATES AVAILABLE

28/09 /21
30/09 /21
05/10/21
07/10/21

10AM-2PM

Open to:

**Boys & Girls between 6
to 11 years of age**

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

**Ready to meet and
make friends**



Grow Wellbeing

These school holidays we are preparing two group programs for children between 6-11 years of age to help develop social skills

- Our main goal is to support social interaction through play /fun and using high energy activities
- Group Size: Maximum places are set at 10 children per group

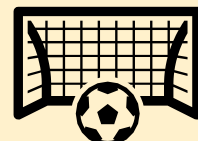
The group is therapy focused and uses sport and recreation to create a safe space for participants to:

- 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 each week aimed at supporting positive socialisation while participating in a play-based environment..

**Run by experienced Health professionals:
Jon Morton, Ben Buttfeld and Vicki Parada**

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

4 DAYS PROGRAM

ACTIVITIES INCLUDE:

- Fun team building exercises aimed at all of group participation
- Physical activity – Strong focus on team-based play
- Finish back at Grow Wellbeing H.O. with some , supervised unstructured play time
Older members actively encouraged to take on a supportive role with younger members
- BBQ lunch !! Parents & siblings more than welcome and encouraged to participate from 1PM

We encourage every child to attend both weeks (at least 2 days), to create positive social bonding between members of the group

What to bring

Water bottle

Covered shoes

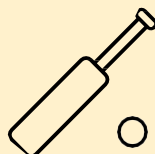
Jacket/jumper

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.

BBQ, Snacks, water provided

GUARDIANS: Siblings are welcome to join in –Please contact us for this to be arranged.



Grow Wellbeing

PROGRAM : FOUR DAYS AVAILABLE 10AM TO 2PM (*)

10:00 AM — Warm up; rules;(30min)

10:30 AM — Group Sharing – Activities to get to know each member (30min)

11:00 AM —Latitude Greenacres (60-90 min)

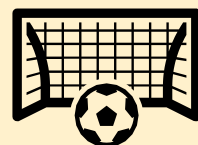
12:30 PM —Team Sport Activities (depending on group preferences) (30 min)

1:00 PM — BBQ lunch (60min)



Grow Wellbeing group program aims to use fun activities as a therapeutic medium to practice social skills, build positive connections/friendships and grow members self-esteem and confidence through a highly supportive, encouraging environment.

Members are encouraged to help out as much as possible, for example preparing snacks, making sure we have completed a role count, making sure everybody is ok etc, provides opportunities to build members self-efficacy and self-esteem.



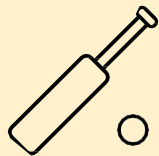
Grow Wellbeing health professional staff will run the group and all efforts will be made to connect your child up with an existing therapist they are connected to, enabling them extra support

Cost Involved

- The cost of the group is \$280/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
- If you are not able to attend a session, the full group cost for that day will be charged
- We recommend for your child to attend both weeks to maximise friendship building skills

Parent attendance is not ressential but one adult per family is more than welcome to join in if they wish, also please enquiry about siblings, as we may be able to include them.

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 therapists about the group program, please contact us

Grow Wellbeing Services
08 8234 2562
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