**Weekly Group Program**

For primary school aged children

**Date:** Saturdays & weekday afternoon during each school term

**Venue:** Canning Vale Community Centre
Cnr Waratah & Eucalyptus Boulevard,
Canning Vale (adjacent to Canning Vale Primary School)

**About the Group**
The Life Skills Group is a group therapy program based on a resilience model designed to help prepare children manage life stresses better. The groups are facilitated by registered clinical psychologists and are aimed at all children, including those experiencing bullying, friendship problems, low self-confidence or difficulties with emotions such as sadness, anger or anxiety, within a supportive small group environment. The Life Skills Program has been operating since 2002.

The specific skills covered in the 6 week program include:
1. Getting to know you and identifying feelings
2. Communication skills & friendship making skills
3. Coping and emotional management skills
4. Helpful self-talk & bullying management strategies
5. Conflict resolution skills – assertiveness & negotiation
6. Review

Children who attend the group are of a similar age, with approximately 8-10 children in each group. Prior to attending this group, you and your child will attend an initial individual appointment. The purpose of this appointment is to meet one of the group leaders, discuss your concerns and to jointly decide whether the group will be suitable for your child’s needs. Also, upon the completion of the group, you and your child will attend an individual follow-up appointment to discuss specific feedback about your child in the group.

**Fees 2014**
The total cost of the group includes 2 individual sessions and 6 weekly, 1½ hour group sessions: $580

Please note: Medicare Rebates may apply through the ‘Better Access to Mental Health Care Initiative’ if assessed eligible via a GP, private paediatrician or psychiatrist. If seeking a referral via your GP, a ‘GP Mental Health Treatment Plan (items 2700, 2701, 2715 or 2717)’ must be completed (please book a double appointment). Medicare rebate is $360 following full payment and applies to referrals acquired prior to the initial appointment date. Alternatively, most private health funds offer rebates for clinical psychology services.

Cancellation Policy: Please note, due to the high demand for group places, a cancellation fee of $200 is applicable if you withdraw your child from the program once the placement has been confirmed. Full fees apply for withdrawal less than 5 days prior to the first group session. A $110 fee applies to attendance at the initial appointment only; or non-attendance / cancellation with less than 24 hours notice.