

Social Interaction Skills Program



On Track Therapy Group are offering group based sessions for Pre-School Aged Children Facilitated by Psychologists, Speech Pathologists and Occupational Therapists Groups Run Every School Term

Who are the groups for?

Our group sessions are designed for young people with Language disorders, ASD, ADHD anxiety disorders or socialising difficulties who experience difficulties with

- Interacting with same age peers & developing friendships
- Planning, organisation, shifting attention, self-monitoring, flexible thought and action (executive functions)
- Playing games with others and following rules
- Becoming too rigid or not coping with unstructured times
- Understanding and expressing emotions (awareness of self and others)
- Negotiating conflict and compromise

What are the main goals?

- To provide a small social interaction group program that is specifically designed to help learn social interaction and communication skills in a fun and consistent group setting.
- The group program provides children and their families with an opportunity to interact, learn and grow on a weekly basis in a familiar, comfortable and secure environment.

How?

- The groups consist of informal activities, structured tasks and discussions with a focus on cognitive, emotional, behavioural and social skills. Role-plays and videoing may be used for rehearsal and to reinforce learning of targeted areas.
- Parents have a support group on a weekly basis with a Psychologist.
- Parents will receive resources for ongoing practice and to encourage generalisation into the home and school environments.

Cost: \$150 per session

Funding: FAHCSIA, Better Start, Medicare Benefit Scheme and NDIS

Contact: Danella Taylor (Psychologist)

Please call (03) 9833 1120 to register your interest or ask any questions or email: info@ontracktherapygroup.com.au