

# Social Success



On Track Therapy Group are offering group based Social Skills sessions for Primary School Aged Children Facilitated by Psychologists, Speech Pathologists, Education Consultants and Occupational Therapists

## 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, NDIS or Medicare Benefit Scheme

Contact: Danella Taylor (Psychologist)

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