



SKILLBUILDERS SMALL GROUP PROGRAMME

THREE R'S - REGULATION, RESILIENCE & RELATIONSHIPS

For Ages 4 - 12 (specific age groups within this range)

These groups provide children with strategies to assist them in dealing with friendship issues, bullying and teasing, as well as helping with emotional and sensory self regulation at home, school, and in the playground.

Designed and run by Occupational Therapists, this programme uses a combination of approaches including 'Zones of Regulation', 'Highway Heroes' and 'Alert Programme'. The programme is run by 2 OT's and is tailored specifically to the needs of the 4-5 children in the group.

For more information please contact us on 9332 2223 or 0407 442 659 (Penny) or Penny@skillbuilders.com.au.

