



SKILLBUILDERS GROUP PROGRAMME

ORANGE LADY BUGS

For Ages 8 – 11 years

At Skillbuilders Therapy, our engaging group activities empower girls to cultivate friendship skills, boost self-confidence, and foster a positive self-image.

Through practice in conversation skills, exploration of non-verbal communication, and fun games designed to heighten social and self-awareness, our experienced therapists create a supportive environment where girls learn to encourage each other.

Together, we build essential life skills that promote lasting connections and support the girls to enjoy being their own unique selves!

For more information, please contact us on (08) 9332 2223

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