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2023 *Wrap Up*

It has been another big year at Strong Minds, in which we celebrated 7 years with many of our team, welcomed new customer service and clinical team, and supported the training journey of 8 provisional psychologists towards their full registration.

Our Yarra Junction clinic extension was completed, which has been a wonderful improvement for our team to have a "real" staff room for lunch and relaxing, and a court yard for us to get some fresh air on our breaks.

We congratulate Ruben, Kaitlyn, Jennifer and Trevor for being approved as qualified Positive Behaviour Support Practitioners! They are now able to provide specialist behaviour intervention for our NDIS participants, as well as develop their skills with BSP leads (Holly, Lisa and Toby) on the creation and implementation of Positive Behaviour Support Plans.

What's next for 2024?

We are excited to welcome several provisional psychologists to the team for half or full year placements - we are now booking appointments with Madeleine, Shalene and Maya, so watch out for a call from our team early next year.

We will also be welcoming Grace to the team as a Positive Behaviour Support Practitioner, to assist with all things Improved Relationships.

Program Palooza will launch again in the January holidays, with lots of fun for participants and team members alike!

Building plans for a new clinic in Warragul have finally been approved, and we look forward to progressing that in 2024, so that we can support more clients, and have that "real" staff room experience there too!

Thank you for your support in 2023. We wish you all the best for a safe and fun holiday season, with good food, good company, and good weather!

Lisa & Ross and all the Strong Minds team

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**Holiday Program
Warragul**



STRONG MINDS
PERFORMANCE

Tue 16/1,
Wed 17/1
& Thu 18/1

9am - 11am
each day

8 years & older

**Holiday Program
Warragul**



STRONG MINDS
PERFORMANCE

Tue 16/1,
Wed 17/1
& Thu 18/1

11:30 - 1:30
each day

6 years &
older

**Dungeons & Dragons
Holiday Program
Warragul**



STRONG MINDS
PERFORMANCE

Tue 16/1,
Wed 17/1
& Thu 18/1

2pm - 4pm
each day

10 years &
older

**Brilliant Builders
Holiday Program
Yarra Junction**



STRONG MINDS
PERFORMANCE

Tue 16/1,
Wed 17/1
& Thu 18/1

9am - 11am
each day

6 years & older

Why Join Group Programs?

Real life does not happen in a 1 on 1 therapy space

Groups allow supported practice of problem solving and emotional regulation ...
when it is actually happening

Groups support generalisation - using a skill in a different environment and with
different people

Groups are closer to the school / kinder / sport / club situation than 1:1 as they
are with other young people

1:1 is with an adult who is highly predictable, supportive and consistent -

Groups build capacity for flexibility, dealing with conflict, problem solving, team
work and making friends!

Upcoming Opportunities

Program Palooza January 16th to 18th 2024

We are offering programs in each clinic, focused on fun and interest based
social activities.

The difference between standard holiday programs and a program with Strong
Minds is that your young person will be working towards therapeutic goals, and
being supported by psychologists to navigate problematic moments, potential

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Yarra Junction Programs

9-11am Brilliant Builders with Toby - 6 years and older - 3 places available

11:30-1:30 Kitchen Crew - no places available - EOI for next time

2-4pm Games & Sports Galore - no places available - EOI for next time

Warragul Programs

22/12 Christmas Creations - fully booked - EOI for next time

9-11am Games Galore with Trevor - 8 years and older - 4 places available

11:30-1:30 Creation Station with Kaitlyn - 6 years and older - 4 places available

2-4pm Dungeons & Dragons with Richard - 10 years and older - 1 place available

Program Enrolment

For more information check out [Program Information & FAQs](#), email our team at smpteam@strongminds.net.au or call 03 5967 1438. To grab a place in a program jump onto our website [Therapy Programs](#) to begin your enrolment with our online form!

*** All clinic programs also have option for online participation ***

*** Options are available for enrolment in fewer days than the full program ***

Holidays Closure - Fri 22nd Dec 1pm until Mon 8th Jan 9am

That's a wrap on 2023 🎁🎄

Our wonderful team celebrated a successful year supporting our Yarra Valley and Baw Baw communities with an evening of lawn bowls and Kris Kringle. It was wonderful to celebrate each of our wonderful team for their contributions as well as the entire group.

We hope everyone enjoys their Christmas break and we will see you back in clinic on January 8th 2024.



Like or follow us on social media if you would like more updates about our team & community, or ideas for how to boost mental health



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