



Program Information – Summer Holidays 2024-2025

Christmas Crackers

**Half Day Program
Warragul**



Friday 20/12
Warragul
9:30-12:30
All ages
welcome

BOOK NOW



Christmas Crackers

WARRAGUL CLINIC

Friday 20th December 9:30am-12:30pm

Program Package \$392

A fun social opportunity to get creative and make friends before Christmas!

This was a highly successful day of creations, planning, laughter, and glitter in 2023, so we are taking expressions of interest to run it again in 2024. Creativity in a group setting involves fine motor skills, executive functioning, cooperation, communication, and even packing up, so works towards a variety of goals, whilst being wrapped in shiny paper!

Yarra Junction

Carers' Cuppa



Mondays 12:15pm
Drop In Support Group for Parents & Carers



Carers' Cuppa

YARRA JUNCTION CLINIC

Weekly on Mondays 12:15-1:15pm

Session Fee \$20 / drop in

These sessions are a relaxed opportunity to connect with other local parents and carers in a safe space. The sessions will be facilitated by our counsellor, so an opportunity for support, connection, reflection, and learning.

No enrolment or pre-payment required, this is a drop in support program.

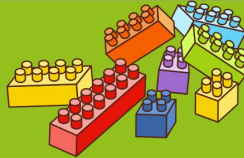
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Program Information – Summer Holidays 2024-2025

Brilliant Builders

Holiday Program
Yarra Junction



Yarra Junction
2:30-4:30pm

13/1, 14/1, 15/1
Mon-Wed

6 years and
older

BOOK NOW



Brilliant Builders

YARRA JUNCTION CLINIC

School Holidays - Mon 13/1, Tue 14/1, Wed 15/1

2:30-4:30 each day - Program Package \$698.25

Participants will get to dig into some familiar worlds of Lego and Minecraft to work on their goals, and have loads of fun!

Through a variety of building based activities, group members will have the opportunity to build executive functioning skills (planning, organising, working to a timeline), play based skills (being a good sport, helping others, coping with not winning, celebrating success), flexible thinking (changing plans, problem solving), and social communication with peers (conversation starters, conversation movers and shakers, tone of voice, body language and personal space).

Explore & Discover

Holiday Program
Yarra Junction

BOOK NOW



Yarra Junction
9:30-11:30am

13/1 & 15/1
Mon & Wed

4-6 year olds



Explore & Discover “Junior”

YARRA JUNCTION CLINIC

School Holidays - Mon 13/1, Wed 15/1

9:30-11:30 each day - Program Package \$490

Explore the world through your senses – what we hear, see, touch, smell & taste. Discover new experiences through creativity, science & being curious. Activities will be adapted for younger children and varied levels of development.

Group members will build emotional skills linked to recognition of body cues, exploring ways to calm their bodies, and practising self regulation throughout fun, energising activities. Executive functioning will be practised by following steps for tasks, & problem-solving with peers. Engaging in a variety of activities in a group setting will allow the opportunity to practice social and emotional regulation skills in a supported manner, whilst dealing with trying new activities or meeting new people.

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Program Information – Summer Holidays 2024-2025

Mad Scientists

Holiday Half Day Program
Yarra Junction



Mad Scientists

YARRA JUNCTION CLINIC
School Holidays – Tue 14/1
9:30-1:30 – half day program
Program Package \$490

Get in touch with your inner Einstein or Curie! Discover new experiences through creativity, science & being curious. Executive functioning & motor skills will be practised by following steps for tasks, predicting outcomes, & problem-solving with peers. Engaging in a variety of science based activities in a group setting will allow the opportunity to practice social and emotional regulation skills in a supported manner, whilst dealing with day-to-day tricky moments that arise when doing a new activity, or when working in a group.

Epic Eats

Holiday Half Day Program
Yarra Junction



Epic Eats

YARRA JUNCTION CLINIC
School Holidays – Fri 17/1
9:30-1:30 – half day program
Program Package \$490

Let's cook up a storm! Participants will build their independent skills by experiencing a variety of kitchen based cooking activities that they can then make at home. Areas covered will include safety in the kitchen, planning & sequencing of tasks, keeping calm when "oops" moments occur in the kitchen, trying unfamiliar foods, & exploring textures, smells & tastes.

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Program Information – Summer Holidays 2024-2025

Games Galore

Holiday Program Yarra Junction



Yarra Junction
12:00-2:00pm

15/1, 16/1, 17/1
Wed-Fri

10-14 year olds

BOOK NOW



Games Galore

YARRA JUNCTION CLINIC

**School Holidays – Wed 15/1, Thu 16/1, Fri 17/1
12:00-2:00 each day - Program Package \$698.25**

Through engaging in a variety of tabletop and interactive games, this group will be a chance to learn the social and emotional skills needed to have fun playing with others. These groups will help facilitate more effective communication for young people, both within current friendships as well as when meeting new people. Skills that will be incorporated into the program include being a good sport, conversation & listening skills, turn taking, dealing with frustrations, working as a team & conflict resolution.

Games included will be for older primary and adolescent clients to stretch thinking around strategy and build problem solving skills.

Get Set for School

Holiday Program Warragul

BOOK NOW



Mon to Fri
9:30-11:00am

13/1-17/1

for 2025
Prep & Grade 1
students



Get Set for School

WARRAGUL CLINIC







**School Holidays – Mon 13/1 to Fri 17/1
9:30-11:00 each day - Program Package \$869.75**

This program will target a variety of areas to support a positive transition to primary school, as well as boosting a positive atmosphere in the lead up to this transition to school life. Activities & skills covered will include building emotional awareness & problem-solving skills, basic assertiveness & communication skills, routines & transitions (including separation from carers), engaging in group activities (floor & table-top based), fine motor skills, independence, friendships & positive play (e.g. turn taking, winning & losing, sharing). Each Prep will have individual areas that need more focus, & this will be incorporated as well as the dynamics of a group & social environment.

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Program Information – Summer Holidays 2024-2025

<h3>Creation Station</h3> <p>Holiday Program Warragul</p>  <p>Warragul 1:00-4:00pm 13/1 & 17/1 Mon & Fri school aged children</p> <p>BOOK NOW</p>  	<p>Creation Station WARRAGUL CLINIC School Holidays – Mon 13/1 & Fri 17/1 1:00-4:00 each day - Program Package \$686.00</p> <p>Activities & skills covered within this program will include a wide range of executive functioning areas, such as problem-solving, decision making, planning & sequencing, as well as fine motor skills, daily living, basic communication skills within a team, and emotional awareness. Engaging in a variety of activities in a group setting will allow the opportunity to practice social and emotional regulation skills in a supported manner, whilst dealing with the day-to-day tricky moments that arise when doing a new activity, or when working in a group.</p>
<h3>WHAM?</h3> <p>A support group for individuals with Neurodiverse & Differently abled siblings</p>  <p>Warragul 12:00-2:00pm 14/1, 15/1, 16/1 Tue-Thu 7-13 year olds</p> <p>BOOK NOW</p>  	<p>What About Me (WHAM)? WARRAGUL CLINIC School Holidays – Tue 14/1, Wed 15/1, Thu 16/1 12:00-2:00 each day - Program Package \$698.25</p> <p>Siblings of neurodiverse & differently-abled children are in a unique position. They face challenges, just like parents, but at a younger age when they're less likely to have developed appropriate coping strategies. We recognise that these are future advocates, potential caretakers, and lifelong friends. As a result, they need support to ensure that they're informed, feel respected, & know how to be compassionate advocates for their sibling & own needs</p> <p>WHAM provides resources that not only validate siblings' feelings and experiences, but also offer practical guidance on how to address some of the difficulties they're likely to experience in a safe space with others who are in a similar position.</p>

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Program Information – Summer Holidays 2024-2025

Program Packages

Program Key Details & Frequently Asked Questions

- **Where are the programs?**
 - Programs are offered each term in the Warragul & Yarra Junction clinics, but **all programs can be joined online** if you are not able to travel to the sessions.
- **What is the cost of the programs? Short answer - \$98 per hour of service provision**
 - The cost of full program packages is based upon hours of service provision - each program includes both face to face service and non-face to face service provision.
 - **Program packages include:**
 - Session Facilitation & related calls or question time
 - Clinician preparation of content & materials for every session
 - Clinician file notes for each participant's file with specific areas of strengths & weaknesses that are being developed
 - Program summary report for each participant (not applicable for half day activity programs)
 - For participants not known to the SMP team, a 15 to 30-minute intake appointment will be scheduled prior to ensure we are addressing your child's specific needs & goals
- **How many people will be in each group?**
 - All of our Strong Minds programs facilitate between 4 and 8 participants, and there will be 2 facilitators supporting the group participants
- **Attendance of all sessions is recommended:**
 - Group dynamics & social interactions will be easier if you/your child attends each session
 - Therapeutic outcomes are likely to be better if all sessions are attended
 - Fees will be paid in advance to secure a position in the program
 - Sessions that are clinic based can also be attended online if required
- **Can I leave while my child is in the program?**
 - Parents/carers will need to leave the building due to distancing requirements
 - For safety we require all parents/carers to remain in the same suburb during sessions
 - Please ensure your phone is on & the team have your current contact details
- **How can I communicate regarding the group?**
 - Email the team around sessions to provide updates or ask questions. You can also ask brief questions in person so that children (& siblings) can transition calmly in and out of each session
 - A program summary & personalised report will be provided for each group member at the completion of the program
- **Funding queries:**
 - 25% deposit payable to secure place or agreement from plan manager that program will be funded
 - Full fee payable at the date of the first session
 - Funding subsidies available (e.g. NDIS, Medicare, Private Health, third party provider):
 - **NDIS:**
 - Self-Managed: Program invoice will be provided when enrolment forms received
 - Plan-Managed: Details of your plan manager are required with your enrolment form. Invoices will be provided on the day of the first session to your plan manager

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- NDIA Managed: Details of your plan are required with your enrolment form. A service agreement and funding package need to be allocated from your funds on the portal for processing
- **Medicare:**
- Obtain a Mental Health Care Plan referral letter that states GROUP sessions. If a plan is already in place, *ask for a letter indicating that group sessions are requested*
- Your child is entitled to up to 10 Individual sessions AND 10 Group sessions in a calendar year
- Medicare rebate for group sessions is \$24.65 per session
- **Private Health Insurance:**
- Contact your insurance provider to determine if psychology group sessions are able to be claimed under your plan.
- **Third Party:**
- We are able to accept payment for program packages from third party support organisations (e.g. Anglicare, DFFH, Berry Street).

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