



Program Information

Christmas Activities Week

Christmas Crackers

Yarra Junction Mon 18/12 10:15-1:15
Warragul Fri 22/12 9:30-12:30

Christmas Crackers

Half Day Program



Monday 18th Dec
- Yarra Junction
10:15-1:15

Friday 22nd Dec
- Warragul
9:30-12:30

All ages
welcome



Taking time to dig into the Christmas spirit in a supported setting to continue working on personal goals while having fun, and give parents a chance for some last minute shopping!

Christmas Crackers is a half day program for participants to build skills of executive functioning, planning, social communication, working with peers, helping others, problem-solving, fine motor skills, and emotional regulation in what is a very stimulating time of year!

If you have not tried a program before, this might be a good "taster", done in a one day format.

Program Cost

\$343.75 (\$62.50 per service hour)

3 hours face to face

1.5 hours non face to face support (preparation, materials, set up & pack up, case notes)

For more information about these programs or to secure a place, complete an online enrolment form at <https://strongmindspsychology.com.au/therapy-programs/> or contact Strong Minds Psychology on 03 5967 1438 or smpteam@strongminds.net.au

Summer School Holidays

Warragul Clinic

Games Galore

Holiday Program Warragul



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

9am - 11am
each day

8 years & older

Games Galore

9-11am Tue 16/1, Wed 17/1 & Thu 18/1
40 Albert St Warragul

Facilitated by Trevor Mills

Through engaging in a variety of inside, outside, tabletop and active 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.

Creation Station

Holiday Program Warragul



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

11:30 - 1:30
each day

6 years &
older



Creation Station

11:30-1:30 Tue 16/1, Wed 17/1 & Thu 18/1

40 Albert St Warragul

Facilitated by Kaitlyn Turner

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.

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Dungeons & Dragons

Holiday Program Warragul



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

2pm - 4pm
each day

10 years &
older

Dungeons & Dragons (D&D)
2-4pm Tue 16/1, Wed 17/1 & Thu 18/1
40 Albert St Warragul

Facilitated by Richard Dagher

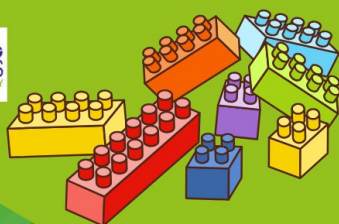
Dungeons & Dragons (D&D) is a role-playing tabletop game that involves character building, strategic battles, communication, & teamwork. Much of D&D is fiction based & requires you to use your imagination & problem-solving skills. The focus of our D&D group will be to build social communication & understanding (e.g. using body language, tone of voice, greetings, & having a conversation), practice conflict resolution skills (e.g. players will explore how to respond to a problem & will practice ways they can resolve the issue appropriately), & teamwork skills (e.g. helping other players resolve problems & encouraging them to complete difficult tasks). Prior to starting the group program, your child will be provided with a short guide on how to build their own character & how to play. Materials, such as dice & miniature models will be provided throughout the program.

Summer School Holidays

Yarra Junction Clinic

Brilliant Builders

Holiday Program Yarra Junction



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

9am - 11am
each day

6 years & older

Brilliant Builders

9-11am Tue 16/1, Wed 17/1 & Thu 18/1
3 Little Yarra Rd Yarra Junction

Facilitated by Toby Mizzi

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).

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SMP Kitchen Crew

Holiday Program Yarra Junction



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

11:30am - 1:30pm
each day

10 years & older

SMP Kitchen Crew
11:30-1:30 Tue 16/1, Wed 17/1 & Thu 18/1

3 Little Yarra Rd Yarra Junction
Facilitated by Jen Poidomani

Join Jen P, Provisional Psychologist & Qualified Chef, for 3 days of fun, learning & food! 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.

Games & Sports Galore

Holiday Program Yarra Junction



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

2pm - 4pm
each day

8 years & older

Games & Sports Galore
2-4pm Tue 16/1, Wed 17/1 & Thu 18/1
3 Little Yarra Rd Yarra Junction
Facilitated by Holly Moreton

Through engaging in a variety of inside, outside, tabletop and active 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.

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Program Information – expression of interest

Mindful Parenting

EOI - Yarra Junction



Wednesdays
10:30am-
12:30pm

6 sessions
Start date TBC

For parents &
carers - with
Toby Mizzi



Mindful Parenting – Parents & Carers Wednesdays

3 Little Yarra Road Yarra Junction

Facilitated by Toby Mizzi

Being a parent or carer is a lifelong role, & it can be challenging to engage in this mindfully, particularly in a world that is often stressful, can seem time poor, & in the recent pandemic context, overwhelming. This program will include instruction & opportunity to practice mindfulness skills, including but not limited to meditation-based practices. The group will allow participants a safe space to share experiences & work together on building skills and confidence. Comfortable, loose clothing & perhaps a favourite comfy pillow are recommended, & sessions will run during school hours to help facilitate parent /carer participation in the program.

The program includes 6 clinic sessions of 2 hours each.

Carers of NDIS participants may be eligible to use funding for this program.

Project A Support Group - Adults

Details of time, day, location TBC

Expression of Interest

Facilitated by Holly Moreton

Project A is a multifaceted initiative aimed at providing support groups, building networks, sharing knowledge and highlighting community voices for Autistic girls, women and allies, as well as within the wider community. Project A is passionate about understanding and supporting the unique and diverse experiences of Autistic girls & women.

Project A & Strong Minds Psychology is excited to introduce another peer support group aimed at supporting adult women & gender diverse individuals in understanding & sharing their experience of life before & after a late neurodivergent or Autistic diagnosis. This is an opportunity for those who wish to deepen their understanding of themselves, & their community and connect with like-minded individuals.

Please contact us to express your interest & find out more, as group times & composition will be based on preference for those who express interest.

SUPPORT GROUP 2024

A GROUP PROGRAM FOR AUTISTIC WOMEN AND GENDER DIVERSE INDIVIDUALS

IN 2024, Strong Minds Psychology and Project A will be offering a support group to woman who recieved an Autism Diagnosis later in life, or would like to share and learn about their experience as an Autistic adult.

IF YOU ARE INTERESTED, PLEASE
CONTACT US AT

www.strongmindspscychology.com.au
TO FIND OUT MORE



For more information about these programs or to secure a place, complete an online enrolment form at <https://strongmindspscychology.com.au/therapy-programs/> or contact Strong Minds Psychology on 03 5967 1438 or smpteam@strongminds.net.au

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 - \$62.50 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.
 - **Half Day activity programs**
 - 3 hours face to face, 1.5 hours non-face to face = \$343.75
 - Non face to face work is preparation, materials, set up & pack up, case notes
 - **Holiday Based intensive programs - 3 days**
 - 3 x 2 hours face to face = \$656.25
 - 6 hours face to face, 4.5 hours non-face to face
 - **Term Based programs**
 - Mindful Parenting
 - 6 x 2 hour face to face, 5 hours non-face to face = \$1062.50
 - Project A
 - 6 x 1.5 hour face to face, 5 hours non-face to face = \$875.00
 - **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, there will be 2 facilitators if more than 4 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):

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- **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
- 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 \$23.70 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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