

Teens & Adults

## PEERS®

**Thursday April 9 | 9am-12pm**  
**Wednesday April 15 | 9am-12pm**

Designed for adolescents and young adults who want to build friendships, improve social communication, and develop confidence in social settings.

7-12 yrs

## Superflex

**Wednesday April 8 | 9am-12pm**

Participants will become social detectives and explore how to use flexible thinking, perspective taking, self-regulation, and social problem-solving skills.

7-12 yrs

## Zones of Regulation

**Monday April 13 | 9am-12pm**

Through fun and interactive activities, kids will learn to identify their emotions, manage big feelings, and build their own toolkit of effective coping strategies.

7+ yrs

## Minecraft

**Tuesday April 7 | 9am-12pm**  
**Tuesday April 14 | 9am-12pm**

Children and young teens will build their team-work and communication skills through collaborative challenges on our private Minecraft server.

# Holiday Social Skills Workshops April 2026



### Book Now

Book via our website or by contacting us  
P: (02) 8536 6655  
E: [admin@freedomtherapyservices.com.au](mailto:admin@freedomtherapyservices.com.au)

Extended Service Available  
12pm - 3pm Daily  
Shop 3/337 Kingsway, Caringbah 2229