

SOCIAL WORKSHOPS

BUILDING CONFIDENCE, COMMUNICATION & CONNECTION

Designed by our team of Behaviour Specialists and Psychologists, these programs combine fun, evidence-based learning with practical strategies that children and teens can use in everyday life. Each program is structured, engaging, and grounded in proven frameworks used internationally to support social, emotional, and communication development.



Workshops will run during the **school holiday** period!



SUPERFLEX: BECOME A SOCIAL DETECTIVE!

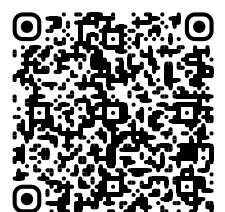
- **Ages:** 7–12 years
- **Based on:** The Social Thinking® curriculum
- **Format:** 3 × 3-hour sessions (families can book one or multiple sessions)
- Kids become “Social Detectives,” learning how to understand their own thoughts and feelings—and those of others. Through games, stories, and teamwork, participants explore how to use flexible thinking, self-regulation, and social problem-solving to navigate real-life situations.
- Program developed by Social Thinking®

ZONES OF REGULATION: MANAGING BIG EMOTIONS

- **Ages:** 7–12 years
- **Format:** 1 × 3-hour standalone session
- Help your child learn how to identify their emotions, manage stress, and build coping strategies using the popular *Zones of Regulation®* framework.
- Participants explore emotions through fun, interactive activities designed to build resilience, mindfulness, and emotional control.
- *Program developed by Leah Kuypers, M.A*



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ENQUIRE TODAY.

PEERS® HOLIDAY INTENSIVE: SOCIAL SKILLS FOR TEENS

- **Ages:** Older teens and young adults
- **Based on:** UCLA's internationally recognised *PEERS®* program
- **Format:** 4 × 3-hour sessions (or 2-hour sessions depending on demand)
- An evidence-based social skills program designed for adolescents and young adults who want to build friendships, improve social communication, and develop confidence in social settings.
- Each session covers practical skills—like making and keeping friends, managing conversations, and handling conflict—in a supportive and structured environment.
- *Program developed by UCLA Semel Institute*



DURING THE HOLIDAY PERIOD

This year, the NSW Summer School Holidays begin on December 22, 2025, and end on January 26, 2026. With our program, dates are still to be decided depending on interest.

Contact our administration team for ideal session times.

These programs will be held at our clinic in **Caringbah**. 3/337 Kingsway, Caringbah.

NDIS FUNDING AND PRIVATE BILLING ACCEPTED

Use your NDIS funding available under 'Improved Daily Living' and '*Improved Relationships*' funding or other eligible supports.



**ENQUIRE
TODAY.**



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