



Social Skills Group

Mullumbimby Psychology is running a Social Skills Group for children aged 8 - 11 years who have difficulties understanding, communicating and/or developing relationships with their peers. It may also include children with high-functioning ASD and other types of learning and behaviour issues.

The Group is based on an evidence-based manualised program, and tailored toward the specific needs of the participants. Each family will have an intake assessment before the program starts to assess suitability and discuss learning goals.

The Group aims to teach skills required for everyday relationships including:

- Social interactions, greetings, farewells, non-verbal language;
- Sharing and cooperative, collaborative play, "joining in";
- Understanding and responding to bullying or mean jokes;
- Emotional regulation and frustration tolerance;
- Relaxation and mindfulness training.

Parents/carers will also be invited to join information sessions focused on supporting their child throughout the program and helping to transfer the skills to home and school.

Dates: The next **6-week** program will commence on **Tuesday 5th March 2019** from **4pm – 5pm**, and will run weekly until Tuesday 9th April.



Mullumbimby Psychology

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Web: www.mullumbimbypsychology.com.au

Location: Mullumbimby Psychology, The Maslow Centre, 113 Stuart Street, Mullumbimby.

Cost: \$120 for the six-week program. Upfront payment is required.

Referral: Parents can refer their children directly by contacting the Mullumbimby Psychology on (02) 6684 4748 or email support@mullumbimbypsychology.com.au . No GP referrals required.

The Group will be facilitated by registered Provisional Psychologists, Renae Paul and Nyssa Lonergan, who are completing their final year of internship with Mullumbimby Psychology.

Renae Paul *is a registered provisional psychologist who is experienced working with children, adolescents and adults and undertaking her final placement at Mullumbimby Psychology prior to receiving her endorsement as a Clinical Psychologist. Renae has a strong interest in child development and the effects of trauma and/or family problems on children's self-esteem and coping ability and helping children move through these difficulties.*

Nyssa Lonergan *is a registered provisional psychologist who is experienced in early intervention CBT for anxiety and depression, and has been developing her skills in Mindfulness, Acceptance and Commitment Therapy and Dialectical Behaviour Therapy through her internship at Mullumbimby Psychology. As a new Mum with a passion for early intervention, Nyssa has a strong interest in child development and feels strongly about equipping children and families with effective coping strategies, interpersonal skills and self-confidence to assist them in life's journey.*

Please contact us if you have any enquiries or to discuss the suitability of your child.