



SKILLBUILDERS GROUP PROGRAMME

SOCIAL TEENS

For Ages 12 - 16

These groups are led by an Occupational Therapist and Speech Pathologist and focuses on teen emotional awareness and self regulation

We discuss the social media world, relationships as well as organisation and executive functioning strategies we need for school and in the community.

It is a great opportunity for the teens to relate to one another, help each other out and offer/receive support together

For more information please contact us on 9332 2223 or email Penny@skillbuilders.com.au

