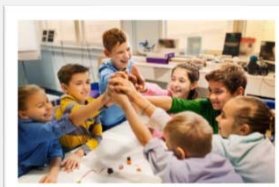


SCHOOL HOLIDAY PROGRAM

OCTOBER 2019



The Zones of Regulation

(6-8 years and 9-12 years)

The Zones of Regulation program aims to address challenges in emotional and sensory regulation, and social skills. It is suitable for all children including individuals with a diagnosis of Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD), a diagnosis of a mood disorder as well as individuals without a diagnosis.

Location: Peakhurst, Maroubra, Bella Vista and Gledswood Hills
(Check timetable for details)

\$225



Take Action

(8-12 years)

Children are taught a range of strategies via a 6-step ACTION plan. Each letter in the word ACTION stands for a skill children learn. This is a program which provides children with clear, practical skills to manage anxiety and improve their social and life skills. By practising the skills they learn, the participants develop their own action plan to reduce and overcome anxiety.

Location: Peakhurst, Maroubra and Bella Vista (Check timetable for details)

\$225



PALS Social Skills Program

(4-6 years)

The early school years are when children start to make friends, learn to cooperate with others and begin to solve social problems. Like all skills, some children develop social skills more easily than others. Social skills are of the utmost importance for every child's future development.

Location: Peakhurst and Bella Vista (Check timetable for details)

\$225



Handsome Handwriting

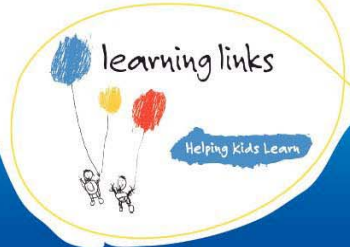
(6-8 years)

Children develop their handwriting skills in a fun and supportive environment. We will focus on developing the skills that support handwriting (eg. self regulation, gross motor, fine motor and visual motor skills) as well as developing fluent handwriting skills.

Location: Maroubra (Check timetable for details)

\$225





SCHOOL HOLIDAY PROGRAM

OCTOBER 2019

PEAKHURST 12-14 Pindari Rd, Peakhurst. Phone: 8525 8222

Week 1	Monday 30/9	Tuesday 1/10	Wednesday 2/10	Thursday 3/10	Friday 4/10
				PALS (4-6 yrs) 9:30am - 11:30am Day 1	PALS (4-6 yrs) 9:30am - 11:30am Day 2
			Take Action (8-12 yrs) 1:30pm - 5:30pm Day 1		Take Action (8-12 years) 1:30pm - 5:30pm Day 2
Week 2	Monday 7/10	Tuesday 8/10	Wednesday 9/10	Thursday 10/10	Friday 11/10
LABOUR DAY	The Zones of Regulation (9-12yrs) 1.30pm - 5.30pm Day 1	The Zones of Regulation (6-8yrs) 9.30am to 1.30pm - Day 1	The Zones of Regulation (9-12yrs) 1.30pm - 5.30pm Day 2	The Zones of Regulation (6-8yrs) 9.30am to 1.30pm - Day 2	

MAROUBRA Office 2, Level 3, Bowen Library Building, 669-673 Anzac Parade, Maroubra. Phone: 8568 8222

Week 1	Monday 30/9	Tuesday 1/10	Wednesday 2/10	Thursday 3/10	Friday 4/10
			The Zones of Regulation (6-8yrs) 9am - 1pm Day 1		The Zones of Regulation (6-8yrs) 9am - 1pm Day 2
			Take Action (8-12 years) 1:30pm - 5:30pm Day 2	Take Action (8-12 years) 1:30pm - 5:30pm Day 2	
Week 2	Monday 7/10	Tuesday 8/10	Wednesday 9/10	Thursday 10/10	Friday 11/10
LABOUR DAY			The Zones of Regulation (9-12yrs) 1.30pm - 5.30pm Day 1		The Zones of Regulation (9-12yrs) 1.30pm - 5.30pm Day 2
			Handsome Handwriting Yrs 1-2 10am - 1pm Day 1	Handsome Handwriting Yrs 1-2 10am to 1pm Day 2	

BELLA VISTA 6a/7 Meridian Place, Bella Vista Phone: 8525 8222

Week 1	Monday 30/9	Tuesday 1/10	Wednesday 2/10	Thursday 3/10	Friday 4/10
			The Zones of Regulation (6-8yrs) 9.30am to 1.30pm - Day 1		The Zones of Regulation (6-8yrs) 9.30am to 1.30pm - Day 2
Week 2	Monday 7/10	Tuesday 8/10	Wednesday 9/10	Thursday 10/10	Friday 11/10
LABOUR DAY	PALS (4-6 yrs) 9:30am - 11:30am Day 1	Take Action (8-12 years) 9:00 am - 1:00pm Day 1	PALS (4-6 yrs) 9:30am - 11:30am Day 2	Take Action (8-12 years) 9:00 am - 1:00pm Day 2	
	The Zones of Regulation (9-12yrs) 1.30pm - 5.30pm Day 1		The Zones of Regulation (9-12yrs) 1.30pm - 5.30pm Day 2		

GLEDSDOOD HILLS Suites 7 & 8, SOMA Wellness, T Grgory Hills Drive Phone: 8525 8222

Week 1	Monday 30/9	Tuesday 1/10	Wednesday 2/10	Thursday 3/10	Friday 4/10
Week 2	Monday 7/10	Tuesday 8/10	Wednesday 9/10	Thursday 10/10	Friday 11/10
LABOUR DAY	The Zones of Regulation (9-12yrs) 1.30pm - 5.30pm Day 1	The Zones of Regulation (9-12yrs) 1.30pm - 5.30pm Day 2			

