

SCHOOL HOLIDAY PROGRAM

JULY 2019



The Zones of Regulation (6-8yrs and 9-12yrs)

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 (ADD/ADHD), a diagnosis of a mood disorder as well as individuals without a diagnosis.

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

\$225



Take Action (8-12yrs)

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 & Bella Vista (Check timetable for details)

\$225



PALS Social Skills Program (4-6yrs)

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 & Bella Vista (Check timetable for details)

\$225



Handsome Handwriting

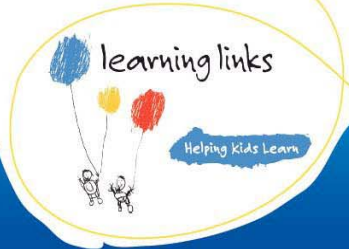
(Yrs 1 & 2)

This 2 day program helps children develop their handwriting skills in a fun and supportive environment. We will focus on developing the skills that support handwriting (e.g. self regulation, gross motor, fine motor and visual motor skills) as well as developing fluent handwriting skills.

Location: Peakhurst (Check timetable for details)

\$225





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JULY 2019

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

Week 1	Monday 8/7	Tuesday 9/7	Wednesday 10/7	Thursday 11/7	Friday 12/7
			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 15/7	Tuesday 16/7	Wednesday 17/7	Thursday 18/7	Friday 19/7
		Handsome Handwriting Yrs 1 & 2 1:30pm - 4:30pm Day 1	PALS (4-6 yrs) 9:30am - 11:30am. Day 1	PALS (4-6 yrs) 9:30am - 11:30am. Day 2	
	The Zones of Regulation (6-8yrs) 9:30am - 1:30pm Day 1	The Zones of Regulation (6-8yrs) 9:30am - 1:30pm 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	

MAROUBRA Office 2, Level 3, Bowen Library Building, 669-673 Anzac Parade, Maroubra. Phone: 8568 8200

Week 1	Monday 8/7	Tuesday 9/7	Wednesday 10/7	Thursday 11/7	Friday 12/7
			The Zones of Regulation (6-8yrs) 9:30am - 1:30pm Day 1	The Zones of Regulation (6-8yrs) 9:30am - 1:30pm Day 2	
Week 2	Monday 15/7	Tuesday 16/7	Wednesday 17/7	Thursday 18/7	Friday 19/7
		The Zones of Regulation (9-12yrs) 9:30am - 1:30pm Day 1	The Zones of Regulation (9-12yrs) 9:30am - 1:30pm Day 2		
		Take Action (8-12 years) 1:30pm - 5:30pm. Day 1	Take Action (8-12 years) 1:30pm - 5:30pm. Day 2		

BELLA VISTA 6a/7 Meridian Place, Bella Vista Phone: 8525 8260

Week 1	Monday 8/7	Tuesday 9/7	Wednesday 10/7	Thursday 11/7	Friday 12/7
			The Zones of Regulation (6-8yrs) 9:00am - 1:00pm Day 1	The Zones of Regulation (6-8yrs) 9:00am - 1:00pm Day 2	
Week 2	Monday 15/7	Tuesday 16/7	Wednesday 17/7	Thursday 18/7	Friday 19/7
		PALS (4-6 yrs) 9:30am - 11:30am. Day 1	Take Action (8-12 years) 1:30pm - 5:30pm. Day 1	PALS (4-6 yrs) 9:30am - 11:30am. Day 2	Take Action (8-12 years) 1:30pm - 5:30pm. Day 2

LIVERPOOL 2, 54-56 Macquarie St Liverpool Phone: 8525 8280

Week 1	Monday 8/7	Tuesday 9/7	Wednesday 10/7	Thursday 11/7	Friday 12/7
				The Zones of Regulation (6-8yrs) 9:00am - 1:00pm Day 1	The Zones of Regulation (6-8yrs) 9:00am - 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
Week 2	Monday 15/7	Tuesday 16/7	Wednesday 17/7	Thursday 18/7	Friday 19/7

GLEDSDOOD HILLS Suites 7 & 9, SOMA Wellness, 7 Gregory Hills Drive Phone: 8525 8222

Week 1	Monday 8/7	Tuesday 9/7	Wednesday 10/7	Thursday 11/7	Friday 12/7
Week 2	Monday 15/7	Tuesday 16/7	Wednesday 17/7	Thursday 18/7	Friday 19/7
		The Zones of Regulation (6-8yrs) 9:00am - 1:00pm Day 1	The Zones of Regulation (6-8yrs) 9:00am - 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		



Learning Links ph 8525 8222

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