

The Art of Friends



Does your child
struggle with
relationships or to
understand social
situations?

8 Week courses running each term of 2019

Next groups: Term 3

Thursdays

Is your child
struggling with
assertiveness or
aggression?

***This group aims to help young people:**

- Develop tools to build **assertiveness and confidence**
- Learn skills on **making and keeping friends**
- Develop **emotional awareness** in themselves and others
- Learn to **manage their behaviour**
- Increase **resiliency** for coping with interpersonal conflict and difficult friendships

*** These groups are run by a psychologist from MindMovers:**

All groups are 8 weeks in length and run for 50min per week. Each group session attracts a medicare rebate and a private health fund rebate. **CONTACT**

us for more information at info@mindmoverspsychology.com.au

Spaces are limited

www.mindmoverspsychology.com.au