



## 2018 GROUP PROGRAMME FOR ADOLESCENTS

*Being Me for 13-17 years*



### WHO

For teenage girls who are 13 – 17 years old and have a diagnosis of Asperger's Syndrome or ASD Level 1.

**Psychologists:** Professor Tony Attwood & Dr Michelle Garnett, Clinical Psychologists

### PROGRAMME DESCRIPTION

The programme is designed for teenage girls with Asperger's Syndrome or ASD Level 1. The program explores self-identity and understanding of self as a young woman with a unique profile of abilities. Women with AS have often described that not knowing themselves has led to poor relationship and career choices, and ultimately, in some cases, depression. Understanding and celebrating self in terms of our strengths, difficulties and personality characteristics provides a strong foundation for success in adult life and a powerful antidote to depression and low self-esteem. Girls will also learn about different types of friendships and relationships with boys. The group provides a structured environment within which difference is embraced and celebrated.

### WHERE

Minds & Hearts, Suite 6, Level 1, 88 Boundary Street, West End.

### WHEN

Tuesdays from 5 pm – 6:30 pm starting 24<sup>th</sup> July, 2018 to 11<sup>th</sup> September, 2018 (8 consecutive weeks). A 1-month Booster session will be held on 9<sup>th</sup> October & a 3-month Booster session on 11<sup>th</sup> December.

### HOW

To register interest, please book an appointment if you are not currently seeing a psychologist at Minds & Hearts. The appointment will take one hour. The aim of the appointment is to determine suitability for the group. Should the group not be suitable, an alternative plan will be advised.

### COSTS

Most participants will be eligible for a Medicare Rebate. Please enquire with your GP. Initial Assessment - \$240.00 + 8 group sessions + 2 Booster Sessions @ \$110 each (\$1100 total). Payment for the group sessions is made in 2 installments of \$550 (ie. the first paid with registration, the second paid at the beginning of the group). For participants to be eligible to receive a rebate from Medicare the group will require at least 6 participants. **Please note: The total cost of the 8 group sessions is \$880 irrespective of whether your child attends each one of the eight scheduled sessions. Total cost with the 2 Booster Sessions is \$1100**



## Being Me for 13-17 years

5 – 6:30 pm Tuesdays starting 24<sup>th</sup> July through to 11<sup>th</sup> September, 2018

### GROUP REGISTRATION FORM

TAX INVOICE ABN: 51 128 736 103

Please complete this form to register your daughter and to nominate your payment method. Return it to reception staff in person, via email to [info@mindsandhearts.net](mailto:info@mindsandhearts.net), or post it to:  
**Minds & Hearts PO Box 5675 WEST END QLD 4101**

Name: _____ Age: _____ Date of Birth: _____
Parents Name: _____
Email: _____

*Payment for the group sessions is made in 2 easy installments:*

**NOW:** \$550

**Beginning of Group:** \$550

*Please note: The total cost of the 8 group sessions is \$880 irrespective of whether your daughter attends each one of the eight scheduled sessions. Total cost with the 2 Booster Sessions is \$1100*

***N.B: If you have a Mental Health Care Plan for group therapy please be aware the rebate cannot be processed until the day of each session. Medicare claiming receipts will be given to you at each group session.***

## There are 2 easy payment options:

Amount to be paid now: \$550

**OPTION 1: BANK DEPOSIT:**

Account Name: Minds and Hearts Pty Ltd

BSB: 034 013

Account Number: 241 976

**Reference: Your Child's Surname**

**OPTION 2: CREDIT CARD** (Please circle):    Mastercard    Visa

Name on card: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Expiry Date: \_\_\_\_\_ / \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

If desired, please make the credit card payment with one of our friendly receptionists over the telephone.