



## 2019 GROUP PROGRAMME

### *Exploring Worry and Calming it down: Girls Club Intensive 8 – 12 years old*



#### **WHO**

For girls who are 8 – 12 years old and have a diagnosis of Asperger's Syndrome or ASD Level 1.

**Psychologists:** Radhika Tanksale, Psychologist and Lizaan Schwartz, Provisional Psychologist

#### **PROGRAMME DESCRIPTION**

Anxiety is commonly associated with ASD particularly in young people and may amplify the expression of some of the autism symptoms. This programme is designed for young girls on the autism spectrum. It aims to provide an understanding of what is a worry and help the girls learn a few tools to improve their ability to cope and manage their anxious feelings and promote resilience.

#### **WHERE**

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

#### **WHEN**

1:00 pm – 3:00 pm 21<sup>st</sup> - 25<sup>th</sup> January 2019 (Monday to Friday)  
Five sessions during the school holidays.

Parents and children must attend all sessions. *Children attend 1.5 hours, parents attend 30 minutes at the end whilst children are supervised.*

#### **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 + 5 group sessions @ \$150 each (\$750 total). 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 group sessions is \$750 irrespective of whether your child attends each one of the five scheduled sessions.**



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### GROUP REGISTRATION FORM

TAX INVOICE ABN: 51 128 736 103

Please complete this form to register your child and to nominate your payment method.  
Return it to reception staff in person, via email to [info@mindsandhearts.net](mailto:info@mindsandhearts.net)

<b>Name:</b> _____ <b>Age:</b> _____ <b>Gender:</b> M/F <b>Date of Birth:</b> _____
<b>Parents Name:</b> _____
<b>Email:</b> _____

Payment for the group sessions is made in an upfront payment. Either online through our website or by returning this form.

**Please note:** The total cost of the group sessions is \$750 irrespective of whether your child attends each one of the eight scheduled sessions.

**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.

### There are 4 easy payment options:

**OPTION 1: IN PERSON**

Please make your payment to one of our friendly receptionists at Minds & Hearts.

**OPTION 2: ONLINE**

Please make payment online through our website. We will happily email you the link to make payment.

**OPTION 3: BANK DEPOSIT:**

Account Name: Minds and Hearts Pty Ltd

BSB: 034 013

Account Number: 241 976      **Reference: Your Child's Surname**

**OPTION 3: CREDIT CARD** (Please circle):    Mastercard    Visa

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

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

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

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

**Date:** \_\_\_\_\_