



2019 GROUP PROGRAMME

Moving to Manhood 14-17 years



WHO

Eight teenage boys who are 14-17 years old and have a diagnosis of Asperger's Syndrome or Autism Spectrum Disorder – Level 1.

Psychologists: Professor Tony Attwood & Mr Jay Hobbs

PROGRAMME DESCRIPTION

Adolescent boys on the autism spectrum can struggle with the transition to manhood. Autism Spectrum Disorder (ASD) brings challenges that can make this transition extremely difficult. In our years of experience with ASD we have learned that, for many, answers to the question: "Who am I?" are elusive, and yet these answers can provide the pathway to a satisfying and fulfilling life. We have devised a programme that assists males aged 14-17 years old to discover who they are and to provide advice on a range of issues raised by the participants and parents. Previous topics have included becoming independent, employment abilities, managing emotions and romantic relationships.

WHERE

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

WHEN

Eight sessions: 5:00 pm – 6:30 pm

Tuesday 29th January, 5th February, 12th February, 19th February, 26th February, 5th March, 12th March, 26th March

Adolescents will work with the group facilitators for the first 60 minutes. Parents attend the final 30 minutes of each session to discuss the programme with the group facilitators. Parents are welcome to wait in the Minds & Hearts waiting room whilst the adolescents participate in the group programme and the adolescents are encouraged to do the same whilst waiting for their parents to complete the final component of the group session.

HOW

To register interest, please book an appointment. If you are not currently seeing a psychologist at Minds & Hearts an appointment with a clinician is required and will take one hour. The aims of the session are 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 for a Mental Health Care Plan for group therapy sessions.

Initial Assessment - \$240.00 + 8 group sessions @ \$100 each (\$800 total). **Please note: The total cost of the group sessions is \$800 irrespective of whether your child attends each one of the eight scheduled sessions.**



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Group Registration Form

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

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

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 \$800 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. Please be aware we will not have reception staff while the group is running. Each sessions receipt and Medicare claiming receipts will be emailed to you each Wednesday.

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:** _____