



2019 GROUP PROGRAM FOR GIRLS

Building Resilience in Girls 14-17 years

WHO

For teenagers who are 14 – 17 years old and have a diagnosis of Asperger's Syndrome, autism spectrum disorder or PDDNOS and who have been adversely affected by bullying

Psychologists: Dr Michelle Garnett, Clinical Psychologist & Ms Lizaan Schwartz, Provisional Psychologist

PROGRAM DESCRIPTION

In recent survey studies, results have indicated that cruel bullying and teasing affects twice as many on the autism spectrum as neurotypical children. Despite many efforts by schools to stop the problem, children are still suffering at the hands of bullies. Intervention needs to occur at community, school administration, teaching, peer and individual levels. This group program has been designed to intervene at the individual level by teaching participants about the psychology behind bullying, strategies to stop the bullying, and tools to deal with the adverse affects such as anxiety, depression and low self-esteem. The primary aim of this group is to build resilience to equip each participant to succeed despite adversity.

WHERE

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

WHEN

Eight sessions Wednesdays July 17th to September 11th 2019 from 5:30 pm – 7:00 pm

Please note: there is a week gap on 14th August due to the EKKA public holiday

Adolescents must attend all sessions. Parents are encouraged to attend the final 30 minutes of each session to discuss the program with the program conductors

HOW

To register interest, please book an assessment session if you have not already seen a psychologist at Minds & Hearts. The assessment session 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.

Initial Assessment - \$240.00 + 8 group sessions @ \$100 each (\$800 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 \$800 irrespective of whether your child attends each one of the eight scheduled sessions



Building Resilience 14-17 years

17th July – 11th September, 2019

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

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.

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 4: CREDIT CARD (Please circle): Mastercard Visa

Name on card: _____

Credit Card Number: _____

Expiry Date: ____ / ____

Signature: _____

Date: _____