

BEING ME GROUP



Minds & Hearts 2020 Group Program

WHO CAN JOIN?

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

PROGRAM DESCRIPTION

The programme is designed for teenage girls with high functioning individuals with ASD (i.e. level 1 and 2). The program explores self-identity and understanding of self as a young woman with a unique profile of abilities. Women with ASD 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, friendly and warm environment that celebrates and embraces differences.

WHEN

Saturdays 1:00 pm - 2:30 pm

8 sessions Starting Saturday 10th October -
28th November, 2020

Parents and Children must attend each
session.

REGISTRATION

To register your interest please email
info@mindsandhearts.net

If your child is not currently seeing a
clinician at the clinic a group screening
appointment will need to be booked.



COST

\$1200 for 8 group sessions