

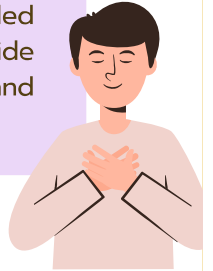
# FLOW Group Timetable

Ages  
13-15

## Be Here Now

Mondays  
Weekly  
9 weeks  
3:30pm  
@ FLOW

Discover a garden path to self-growth in our 9-week Mindfulness and Self-Compassion Group Be Here Now. Through practical mindfulness techniques, teens aged 13-15 are invited to learn to navigate life's challenges with resilience and compassion. Guided discussions, meditations, and garden-themed activities will provide actionable tools for managing stress, embracing self-kindness and exploring ways to gently tend to our thoughts and feelings.

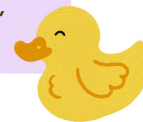


Ages  
10-12

## Skills for Life

This skills-based class teaches key coping tools in a fun and engaging way, whilst providing opportunity for connection with peers and clinicians. This program is a great foundation for skills developed in 1:1 sessions and is a valuable investment for those on our waiting list. Topics covered include: managing tricky thoughts and feelings, self-care, using our strengths, self-compassion, mindfulness, and much more!

Wednesdays  
Weekly  
10 weeks  
3:30 pm  
@ FLOW



## LEGO Club

Ages  
7-9

Fridays  
Weekly  
8 weeks  
3:30 pm  
@ FLOW

This small group program uses LEGO making as a vehicle to teach Flexible Thinking, Perspective Taking, Problem Solving, and 'Emotional Regulation, whilst fostering children's social skills in a safe and supportive environment. The group will run on Fridays. **Parents interested in having their child join LEGO club can make an enquiry with our admin team**



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## Next Steps

Contact our friendly admin team on 7200 4181 to secure a spot for your child. Thanks to the donations from Taylor & Forgie Funeral Directors' annual charity dinner, groups (excluding LEGO club) will be FREE for eligible clients. We can't wait to meet you!

