



SPARK^{JNR}

SPARK^{JNR} groups for children are designed to help children build resilience and help overcome difficulties with anxiety and depression. These groups are based on neurodevelopmental science, Cognitive Behaviour Therapy (CBT) and Acceptance Commitment Therapy (ACT).

Over the five week program children and their parents will learn:

- ★ About the brain and its role in emotions and actions
- ★ Emotional regulation skills
- ★ Helpful thinking strategies
- ★ Managing life's ups and downs
- ★ Building self worth and confidence
- ★ Mindfulness and relaxation

All in a fun and interactive way!

A combination of these social and emotional skills are effective in helping children and young people bounce back from difficult times and to not only get through life but to find their spark and thrive.

Groups are run for age groups; 6-8yrs and 9-11year olds. Groups are inclusive for neurodiversity such as; autism, ADHD and learning difficulties (suitability is determined on an individual basis by the Psychologist based on each child's ability to engage and benefit from the program).

Investment

The complete SPARK!^{Jnr} program includes

a pre-program consultation and questionnaire, 5 x 2hr group sessions, 5 exclusive webinars for parents ; totalling \$1050

(The option of 1-3 discounted individual appointments on completion of the group)

NDIS, Medicare and Private Health insurance rebates may apply.

Programs run each School term and during some holidays go to www.sparkforlifepsychology.com to find out more information and the dates of the next program.

