



CRISALIDA

CHILD, ADOLESCENT, ADULT & FAMILY THERAPY

678 High St, Thornbury, 3071

ph: 03 9484 6299 Fax: 94800838 www.crisalida.com.au

Regulation Ready!

This group is designed to help young children (3-5 years) develop the skills they need to master their emotional and sensory regulation, and to build on their social skills and communication. The group uses the '**Zones of Regulation**' program by Leah Kuypers, and focuses on developing skills in:

- **Sensory Regulation** (listening, attention and concentration)
- **Emotional regulation** (conflict resolution, self confidence and peer relations)
- **Language and communication skill development**
- **Social Skills** (eye contact, back and forth communication, cooperation)

- **WHEN:** Wednesdays, 11:30am - 12:30pm - 9th August to the 20th September
- **WHERE:** Crisalida - 678 High Street, Thornbury 3071
- **COST:** \$95 per session; FaHCSIA: \$120 per session; NDIS: \$117.06 per session
Medicare Rebates - Mental Health Care Plan can be used.

NB course must be taken as a 'package' of all 7 sessions.

THERAPISTS: Anissa Brockway, Occupational Therapist & Meike Mackenzie,
Early Childhood Educator & Play Therapist

For more information, or to register, please contact Crisalida:

Email: admin@crisalida.com.au Telephone: (03) 9484 6299