



Transition to High School Group

High school transition can be a stressful time. This program will help provide additional support and information to both children and parents to create an environment for a successful high school transition.

This Occupational Therapist led program will utilise group and solo activities in various key areas, plus additional home activities for both the child and parent each week, to support the development of key skills. Each week the group will focus on developing different skills including:

- How families can better communicate and connect with their new school.
- Build resilience strategies for each child.
- Develop problem solving strategies that can be utilised across a variety of situations.
- Develop organisation strategies between parents and child.
- Limited amount of individualised self-regulation strategies that can be utilised within the classroom.
- Increase confidence of children in their strengths and how to express this to others.

To participate, children need to be:

- Aged 11-13 years.
- Transitioning to High school in 2023.
- Able to identify which school they will be attending.
- Able to communicate in their own way with peers.

Dates: Weekly on **Wednesday** for 14 weeks, starting on 23 August and ending 6 December, with a 2-week break over the September school holidays.

Program Times: 4.00pm – 5.00pm

Venue: Pinarc Disability Support, 1828 Sturt Street, Alfredton

How Much Does It Cost?

The maximum cost of the program \$2013.00. This group will be running with a minimum of 6 participants and pricing may vary based on numbers.

A report with strategies will be provided at the end of the program.

How to register?

Call Mark Burzacott on 0493 772 681 or Administration on 1800 746 272

Parents/Carers are required to stay on site each week as education will occur during each session.