



# Transition to High School Group

**High school transition can be a stressful time for both child and family. 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 program will utilise group and solo activities in various key areas plus additional home activities for both the child and parent each week.

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:

- Aged 11-13 years.
- Transitioning to High school in 2026
- Can identify which school they will be attending.
- Able to communicate in their own way with peers.

## **Dates:**

Thursdays starting 21/08 – 4/12  
2 weeks break for school holidays

## **Program Times:**

4-5pm

## **Venue:**

Pinarc Disability Support, 1828 Sturt Street, Alfredton

## **How Much Does It Cost?**

The maximum cost of the program \$1,355.  
You will be committing for the duration of the group.

A report with strategies can be provided at the end.

## **How to register:**



**Adults are required to stay on site as education will occur during each session.**