

WESTMEAD FEELINGS PROGRAM



AFTER SCHOOL GROUP PROGRAM

TUESDAYS, 330 - 430PM - TERM 2 - AGES 6 - 12

The Westmead Feelings Program is an evidence-based group therapy program designed to support children on the autism spectrum to understand emotions, solve problems and to manage their feelings in everyday settings.

Primary Skills Targeted:

- Identifying Feelings
- Emotional Literacy
- Self-Regulation
- Coping Skills
- Group Games and Engagement
- Understanding Others
- Problem Solving
- Communication
- Perspective Taking

DETAILS

To book in or find out more, please contact us on: Phone: (02) 4969 8060 or Email: ella.w@ecmonhudson.com

