



# THE CONTENDERS

EQUIPPING TEENS TO NAVIGATE A SOCIAL WORLD

## The Program

- The Contenders program provides opportunities to work in a group environment, make social connections, work as a team, use compromise and problem solve.
- Children will learn how to apply these skills with similar aged peers and learn about their own communication patterns.

## Skills Targeted

- Develop skills to be more observant of others and the environment
- Problem solve and compromise with others without help from an adult
- Develop confidence to make friends and have conversations with others
- Understand how their communication choices, both speaking and behavioural may be perceived by those around them
- Develop insight with others' perspectives, as well as their own

## Details

**Starting Date:** Tuesday 9<sup>th</sup> May

**Frequency:** Weekly (5 sessions & 1 report)

**Time:** 5.15pm-6.15pm

**Age:** 11+ years old

**Location:** Bundoora Clinic

**Price:** \$570 (Individual Session Breakdown Provided in Confirmation Email)

