

## High School Transition Program

Group Structure: Grades 6 & 7 Students  
Max. of 6

Time & Frequency: This program will commence in Term 3. Sessions will be 90 minutes in length with running day to TBC

Facilitator: TBC

- Description & Goals:
- Explore and try out different strategies to support planning, organisation, note-taking at high school.
  - Help your young person to identify things they need to support their wellbeing at high school (both at home and at school), and advocate for this.
  - Be a safe, supportive space for students to connect.

## Pricing Information

Please note that individual session costings are dependent on the number of participants enrolled at the outset of the term. The costing is calculated using the following formula:

$$\begin{aligned} &1 \text{ hour admin} + \text{session duration} / \text{number of} \\ &\text{participants} \\ &= \text{cost per session} \end{aligned}$$

$$\begin{aligned} \text{E.g. } &\$193.99 \text{ (admin time)} + \$193.99 \text{ (60 minute} \\ &\text{session time)} / 4 \text{ participants} \\ &= \$96.99 \end{aligned}$$

Confirmation of session costings are provided closer to the commencement date once enrolment numbers for individual programs are confirmed.

Please complete our group expression of interest form online here:

<https://www.thesparkts.com.au/group-participation-form>

Don't see a program that fits your needs...

**Let us know!** We are always looking for feedback and insight into how we can better support our sparkly community. Please complete the group expression of interest form and let us know a bit about the programs you would like to see on offer at The Spark.

You can also get in contact with our groups coordinator, Jessica, at [groups@thesparkts.com.au](mailto:groups@thesparkts.com.au)



THE SPARK  
THERAPY SERVICES

## 2024 GROUP PROGRAMS

We are pleased to continue offering a variety of group programs for the 2024 year



## About our Group Programs

### Why consider group programs?

Group programs are a great way to support your child's therapy progress, bringing the skills they have learnt in their individual therapy sessions to a dynamic group setting. Our group programs aim to cater to a wide variety of needs and key focus areas, whilst showing flexibility to the needs of your child and the wider group.

### How large are the groups?

Our group programs range from 4-6 participants in size, depending on the age range and skills targeted in the group. We prioritise our quality of service so keeping group sizes smaller allows us to support the needs of each child.

### How often do the groups run?

Most of our groups run on a weekly basis. This allows children lots of opportunity to build connections with their group mates.

### My child is not currently involved with The Spark, can they join a program?

We are beginning to offer programs to external clients. We require and intake assessment period of 1 parent consultation, 1 face-to-face session with your child in clinic, and preparation of a transition summary for the group facilitator. This informs how we can best support your child and ensure group programs are the right fit for your goals.

## Programs on offer in 2024

Learn to Play	
Group Structure:	This is a group for parents and their children (completing 3 or 4 year old kinder in 2024) Max of 4 participants.
Time & Frequency:	Weekly Thursdays @9.30-11am
Facilitator:	Tina
Description & Goals:	Our learn to play program focuses on building kiddos' pretend play skills. Play is an important factor in kiddos' successful development of language, social interaction skills, cognition and self-regulation skills. By having parents as part of the session, we hope to support parents in building their play-building skills, and further create opportunities for children to play together in a supportive environment.
Movement Group	
Group Structure:	8-10 year olds Max. of 6
Time & Frequency:	Fortnightly Wednesdays @4-5pm
Facilitator:	Michelle
Location:	Multipurpose Room - Briar Hill PS
Description & Goals:	An exercise-based group that focuses on supporting children's fundamental movement skills such as strength, endurance, balance, core stability, coordination and ball skills. Sessions will also involve a relaxation component at the end. This group is best suited to children who have movement and gross motor-based goals and require minimal support with following directions and self-regulation.

Upper Primary Social Group	
Group Structure:	Grade 5-6 co ed. Max. of 6
Time & Frequency:	Weekly Thursdays @4-5pm
Facilitator:	Brooke
Description & Goals:	<ul style="list-style-type: none"> <li>• Provide a safe and welcoming space where group participations can be themselves and meet others with neurodiversity.</li> <li>• Facilitate friendships and connections with fellow group members.</li> <li>• Support social problem solving and reflection relevant to the issues that are coming up for group participants.</li> <li>• To support the group participants' emotional awareness and wellbeing.</li> <li>• Facilitate exploration around the developmental stage of pre-teen and the changes that occur.</li> </ul>

High School Group	
Group Structure:	Grades 7-10 teens Max. of 6
Time & Frequency:	Weekly Wednesdays @5.30-6.30pm
Facilitator:	Jessica
Description & Goals:	<ul style="list-style-type: none"> <li>• Provide a safe and welcoming space where they can be themselves and meet others with neurodiversity.</li> <li>• Facilitate friendships and connections for the teens.</li> <li>• Support social problem solving and reflection relevant to the issues that are coming up for them.</li> <li>• To support the teens' emotional awareness and wellbeing.</li> </ul>