

Investment

The groups run for six sessions on Tuesdays, Wednesdays and Fridays during the school holidays, with each session lasting 60 minutes. Payment of the full fee for each term is required to accept an offered place. This program is not available on an individual session basis.

Can I get a refund for missed sessions?

Refunds are not possible for missed sessions as therapists will still be in attendance. We would appreciate notice if your child is unable to attend.



Talking Matters



**Helping your
child reach their
potential**

How do I book?

Getting started is easy. Just speak to your Talking Matters therapist or call our receptionist to register your interest. A standard therapy fee will apply.

Can I bring my other children?

In order for all children to get the most from the sessions, siblings will not be included in the group sessions. If you have any siblings on site, a second caregiver will be required and something to occupy the sibling's time.

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Talking Matters

Yoga For kids



*A structured and small group yoga
program for children*

*Group classes to help
young children relax,
unwind and learn more
about their bodies.*

www.talkingmatters.com.au

About the program

Programs run over six sessions in the school holidays. There will be up to five children with one clinician as well as helpers.

Dates and times will be confirmed at time of booking.

What feedback will I get?

You can talk to the consultant after sessions or at other times by email or leave a message at reception if needed.

What can parents do to help?

Parents are encouraged to be actively involved in the sessions to support their child during activities. This will also help parents to encourage their child to transfer their new skills to other environments.

Please respect the privacy of others involved in the program and understand that therapists cannot share information about other children or families.

What will my child learn?

- Calming and relaxation techniques.
- Stress and anxiety management.
- Emotional regulation, body awareness, flexibility and coordination.
- How to take care of their bodies and their minds.
- Techniques to develop concentration
- Continued development of social skills in a relaxed and positive environment.



Who is this group for?

This program is designed for children who:

- Experience difficulties with stress, anxiety, and low self-esteem.
- Have decreased concentration.
- Require relaxation techniques to help calm and regulate emotions in everyday life.
- Enjoy moving their bodies.

And would benefit from:

- Strategies for stress management and regulating emotions.
- Completing activities in a group setting.

Children will need to bring a water bottle, and wear appropriate clothing that allows for movement.

Children are carefully selected in order to maximize success and group cohesion.

Children receiving other services from Talking Matters will be prioritized. We need to meet all children before they are accepted. We can not guarantee a suitable group for every child who may wish to be included.