



## Year 7+ (Teens)



Group program for Students in Year 6 & 7

High School Readiness



### High School Readiness (OT)

- Years 6 & 7 (going into year 7 or requiring more support during year 7)
- friendships, coping skills, timetables, organisation, protective factors, assessment planning



Group Program for Kids in Years 7-12

Resilient Teens



### Resilient Teens (OT)

- Years 7 - 12
- develop positive coping strategies and to bounce back when life gets tricky, practice gratitude, acknowledging body signs and cues to maintain positive thinking



Group program for Teens aged 13-17 years

Teen Titans



### Teen Titans Life Skills (OT)

- Years 7+
- ideal for teens to connect and socialise in a supported environment, learn new skills from each other



[hello@aimtherapy.com.au](mailto:hello@aimtherapy.com.au)