

Therapy Services

Individual and Group Counselling



Individual therapy services provides client-centered and evidence-based therapy and treatment to assist young people (aged 8-30) with a disability, to overcome difficulties in the areas of behaviour support and mental health.

Group therapy allows individuals to develop specific social skills such as emotional regulation and social skills, and can facilitate the connection with other individuals who are experiencing similar issues. Groups strive toward resolutions of common problems by learning from other group members, and allows for a supportive environment to discuss personal problems.

Family mediation



Mediation provides an opportunity for individuals or groups of people experiencing conflict to meet in a safe and confidential environment with a neutral person (mediator). Mediation provides for an opportunity for participants to talk openly about issues and listen to each other's point of view, to discuss how things can be better and, reach concrete agreements. Having a richly supportive environment can allow for the safety to explore, learn and understand one another, and to create stronger bonds.

Secret Agent Society



Secret Agent Society (SAS) is an exciting, breakthrough social skills approach to working with young people aged 8-14 years old who have a range of social and emotional challenges. SAS transforms the lives of young people using spy-themed resources to provide an evidence-based, comprehensive and captivating solution to structured social and emotional learning.

- Parent group sessions, child group sessions and school support sessions.
- Available in flexible face-to-face or online sessions
- Emotion Recognition, Emotion Regulation, Social Skills and Problem Solving

Music Therapy



Music therapy promotes well-being, socialisation, communication, promotes relaxation, and stimulating ordered thinking, encourages the expression of emotions, while also decreases anxieties. Music based interventions in group sessions can address a range of cognitive, psychical and socio-emotional goals.

- Locations: Blacktown, Dural, Rouse Hill and Windsor
- Interventions may include: singing, song writing, musical improvisation, receptive music listening and more!



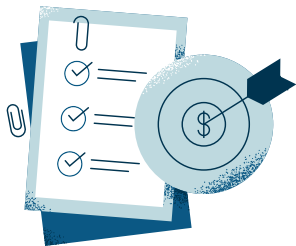
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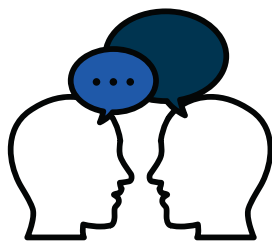
Day Program



The Day Program is for young people aged 17-30 with a disability that have finished or have almost finished school. The program priorities assisting young people with a disability to reach their full potential by focusing on topic areas including relationships; exploring pathways and foundation skills on education, training and employment; increases inclusion and participation; and developing independent life and living skills. This program offers a unique opportunity for young people to make new friends while learning new skills and can be tailored around the individual's NDIS goals.

- Monday-Friday, 9:00—3:00 pm
- Group or individual centre and community-based programs to increase social skills

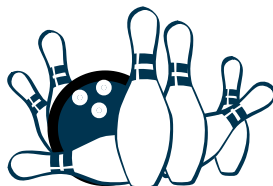
Afternoon Program



The Afternoon Program is for school-aged young people from 10-17 years old. The program priorities assisting young people with a disability to reach their full potential. The program focuses on building relationships; exploring future goals around education, training and employment; encourages inclusion and participation; and development of life and living skills. This program offers a unique opportunity for young people to make new friends while learning new skills and can be tailored around the individual's NDIS goals.

- Monday-Friday, 3:00-6:00 pm
- Group or individual centre and community-based programs to increase social skills

Weekend programs



The Weekend Adventure and Weekend Social programs are scheduled on a fortnightly basis during each school term. Weekend programs are for participants aged 10-17 and 18-30. Both programs are based on accessing social and community-based activities that focus on broadening interest and experiences in the community and creating, maintaining and building relationships with peers as well as creating ties to the local communities.

- Saturday fortnightly, 10:00-3:00 pm
- Small groups with high support ratios in the community
- Day/evening outings depending on activities and groups

School Holiday Program



The School Holiday Program is suitable for young people aged 10-17 years old. The program is a uniquely fun and exciting program that includes community and centre based activities aimed at increasing social and community participation. Activities include accessing zoo's, museums, parks and outdoor recreation activities and provides a supportive environment to learn social skills in a group setting. While accessing the community, we provide high ratios of support to ensure safety, inclusion and participation.

- Monday-Friday, 9:00-3:00 pm
- 2 week program, during school holiday periods (January, April, July and October)



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