



## SKILLBUILDERS GROUP PROGRAMME

# THREE R'S - REGULATION, RESILIENCE & RELATIONSHIPS

**For Ages 4 - 12**

These groups provide children with strategies to assist them in dealing with friendship issues, bullying and teasing, as well as helping with emotional self regulation in the playground.

Designed and run by Occupational Therapists, it uses a combination of approaches including 'Zones of Regulation' and 'Highway Heroes'

For more information please contact us on 9332 2223 or 0418 940 946 (Caryn).

