

Mindful Youth Group



Join us for youth yoga and mindfulness!

Our adaptive yoga and mindfulness group focuses on emotional and sensory regulation, social skills, team work and movement. The group will include tasks that develop emotional awareness of others and ourselves, followed by breathing activities, fun postures, yoga or breathing games/teamwork, and a mindfulness/sensory activity to assist with regulation.

Why should I attend?

- Emotional awareness of their peers and themselves
- Learning self regulation strategies that include; postures, movement, mindset and breath
- Development of social skills and ability to work as a team.

Who is this group for?

Youth aged 8 - 12 years old who can

- Follow instructions with moderate support from facilitators
- Ability to stand
- Ability to communicate through verbal language, key word sign or AAC device
- All abilities welcome

Group Details

Dates: 5 and 12 July 2022

Time: 9:30am - 11:00am

Cost: \$242.47, paid privately or charged to NDIS

Venue: Therapy Focus Mirrabooka
3/77 Honeywell Boulevard

Facilitators:



Maddison Balk
Adv. Occupational Therapist



Eva McFarland
Counselor

Register your interest by 27 June 2022!

Contact us on **1300 135 373** or email
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