

The Rainbow Connection

A social skills program for girls



Making Friends

(Age: 5 - 8 year olds)



Alison Brown – Psychologist (MAPS Assoc.)
Grad.Dip (Psych), B.Ed (Psych), Dip.T

School-based friendships can be transient, and often unpredictable in nature. Girls, particularly, can find this unsettling and disheartening. Girls who are either shy, very sensitive, or quite intense often need help in fostering and maintaining friendships. Learning to join in, to compromise, to take an interest in others, and to interact positively can all help girls in the process of making friends and being included. With practice, encouragement, and some helpful strategies, making friends can become easier, more rewarding and enjoyable.

This 6 week course focuses on:

- Friendships – making and keeping friends
- Approaching others / Initiating interactions
- Responding / joining a group in a positive manner
- Compromising and being adaptable
- Coping with teasing, bullying and exclusion
- Taking turns and sharing
- Communication – verbal and non-verbal
- Listening to others and sharing your ideas or stories
- What makes us special – looking at personal strengths and good qualities

Participants will be involved in group discussions and activities, role plays, games, and interactive tasks. Group work provides a social learning environment where children can share their thoughts and experiences. With a qualified facilitator, children benefit from receiving accurate interpersonal feedback from their peers in a supportive and enjoyable setting.

DATE: Thursday afternoons (19th February – 26th March 2009)
TIME: 5.00 – 6.00pm
VENUE: Bowen Street Community Centre, Camberwell (Cnr Toorak Road & Bowen Street)
COST: \$270.00 (covers 6 x 1 hour sessions plus handouts, parent letters and verbal feedback)
(Rebates available through private health funds)

Kristi De Young is a Registered Psychologist, working as a school counsellor at Haileybury College. She has recently completed her Masters in Counselling at Swinburne University. Kristi has experience in working with children and adolescents in schools, small groups, and clinical settings and has been involved in running social skills groups for several years. Her areas of interest include stress and anxiety management, social skills training, emotional intelligence, depression and family systems approaches to counselling.

(Email: alisonbrown@psychologyandchildren.com.au – Phone: (03) 9824 6617 or 0408 177982)

“The Rainbow Connection” – Friendship skills - Girls only (Age: 5 - 8 years)

I wish to enrol my daughter _____

in the *Friendship Skills* workshop from 19th February – 26th March at Bowen Street Community Centre, Camberwell

Child’s School: _____ Year level: _____

Parents’ Names: _____

Email contact: _____

Address: _____

Phone: _____ Mobile: _____ Cost: \$270 (cash, cheque or EFT)

Signed: _____ Mail to: 24 Robinson Street, Malvern 3144

(Please phone to confirm availability of places) Phone: (03) 9824 6617 Email: alisonbrown@psychologyandchildren.com.au