Down South Therapy Services ‘Chill-Out’ Group is an 8-week program that will provide your child/teenager with the skills to help them identify their feelings and the strategies to know what to best do in situations to regulate their emotions and their responses. The skills that participants will learn will be tailored to them and their unique needs and will help them in all areas of living and interactions at home, school and in the community.

Who: 12-15 year olds, however we are registering interest for children and teenagers of all ages, needing assistance in emotional identification and regulation.

Where: Peel Youth Services, Lot 41/432 Lakes Rd Greenfields

When: Commencing Term 4. 11:30am – 2pm; inclusive of lunch

Cost: Rebates available through Mental Health Care Plan and Chronic Disease Management Care Plan with cost approximately $10-$15 per session

What: Over the 8 weeks participants will: understand the different types of anger that we can feel and what their bodies do to let them know that they are beginning to feel angry (early identification of feelings); triggers and thoughts that can make them feel angry; ways in which they can express their anger in appropriate and healthy ways; understand the importance of relaxation exercise and diet on their emotions; identify and practice using strategies that will help them to regulate their emotions and add these to their toolkit of emotional regulation strategies.

Group Size: 4-6 Participants per group; Facilitated by Mental Health Specialist Occupational Therapist

Places are limited please register your interest by calling Down South Therapy Services 0404 698 218 or email jodie@downsouththerapy.com.au