

Capable Teens Group program

Age: Adolescents aged 13 to 18 years

Cost: \$395 per session (9 sessions)

Venue: Early Start Australia, East Victoria Park

Time: Saturdays, 9am - 11am

Duration: 9 weeks, commencing Saturday, 8th February 2025



Capable Teens is a social group for adolescents aged 13 to 18 years with additional support needs.

In this program we are working on building skills for:

- Social skills - communicating with peers, requesting, conversations with others, social rules in the community
- Executive function skills - planning, organising, problem solving
- Personal safety
- Community-ready skills - money management, public safety, road safety
- Self-regulation
- Functional making and food preparation tasks
- Following a procedure
- Functional handwriting

The aim of the group is to build on the skills that each member will need to be independent in the community. As part of practicing this we do supported outings into the community. On our outings days, we ask that group members please bring \$10 to spend.

Next steps:

Click [here](#) to register for this group. Or if you wish to discuss if this group is suitable for your child, please respond to this email or call our clinic on **9450 6939**.

If you are seeking individual therapy, or no longer require services, please let us know so we can update your details on the waitlist.

If you are new to this program, you may need to book an assessment to see if this group is suitable for your child.

Contact us:

Early Start Australia | WA | East Victoria Park

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Email: eastvictoriapark@earlystartaustralia.com.au

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