

April 2025 Holiday Groups

Feelings & Meanings

Feelings and Meanings is our three-day program to support emotional and sensory regulation.



Age: 6-8 years

Cost: \$280.00 per session*

Venue: Early Start Australia, Camberwell

**Time: 9:30am - 11:30am
7th, 8th, 9th April**

*Please note costs are based off 4 children to 2 team members per group. Costs may vary based on final numbers but will not exceed cost advertised above.

Feelings and Meanings will help children develop the skills they need to identify and regulate their emotions, resulting in increased control and problem-solving skills.

Feelings and Meanings will target:

- Developing calming techniques and cognitive strategies.
- Finding sensory supports to create a toolbox of methods to help students move between the Zones of Regulation.
- Understanding facial expression and understanding a broad range of emotions.
- Exploring triggers and establishing how we can regulate ourselves.

Funding: This service can be funded privately or with NDIS group programs funding allocation.

Next Steps: For enquiries or to register for this group click [here](#), scan the QR code or call our clinic on **03 9889 9010**.

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