

BOOKING FORM

Please complete and post to 34 Pindari Rd, Peakhurst, 2210 or fax to 9153 0179 or email to help@hopalong.com.au.

Please indicate which program and date you are interested in:

PROGRAM: _____

DATE: _____

Parents name: _____

Child's Name: _____

DOB: _____

Contact Numbers: _____

Address: _____

School: _____ Grade: _____

Diagnosis (if any): _____

Any health problems/ allergies/food intolerances: EG. _____

Current Concerns: _____

To secure your child's place, a 20% deposit is required. Please phone through a credit card deposit or post a cheque with your booking form.

Please speak to your GP about Medicare rebates (Enhanced Primary Care Plan or Mental Health Care Plan) to gain a referral to occupational therapy before commencing, or retain your receipts for private health fund insurance rebates.

HoPALoNG



Occupational Therapy for Children

Confidence - Skill - Success

Want more information?

Contact us on 1800 809 552

help@hopalong.com.au

www.hopalong.com.au

HoPALoNG also offers individual Centre based assessment and intervention from our Peakhurst and Croydon Centre
After school and Saturday appointments available

OT Australia Members



HoPALoNG Mission

To provide the best possible services to help children and young people develop confidence and skills to successfully cope with life's challenges

Ph: 1800 809 552

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GROUP PROGRAMS BROCHURE
Social Skills Groups 2011



'Two or three students from every class are likely to have serious fine motor, visual-motor, gross motor and/or sensory issues affecting their school performance'.

HELP your students in the holidays

Each program consists of five, 2- hour sessions at the HoPALoNG Peakhurst or Croydon Centre

All Trainers are fully qualified Occupational Therapists with OT Students as helpers.

www.hopalong.com.au

1800 809 552

Social Skills Program



The social skills program is designed to develop and enhance social interaction skills, social awareness and self-esteem in children.

- ☆ *Self-esteem and Positive Attitude Strategies*
- ☆ *Conversation and Listening skills*
- ☆ *The Importance of Healthy Friendships*
- ☆ *Identifying, Addressing and Expressing Emotions Appropriately*
- ☆ *Conflict Resolution and Anger management*
- ☆ *Relaxation Techniques and Staying Calm.*
- ☆ *Understand STOP, THINK and DO Strategies to Build Friendships*
- ☆ *Assertiveness Techniques to Handle Bulling*

HoPALoNG continues to offer Centre based assessment & intervention from our Peakhurst and Croydon Centres throughout the school holidays

SOCIAL SKILLS PROGRAM

Each program consists of five, 2- hour sessions at the HoPALoNG Peakhurst or Croydon Centre

Attendance at all session dates is important.

PROGRAMS ARE OFFERED AT
PEAKHURST: Shop 34 Pindari Rd, 2210
CROYDON: Shop 127 Croydon Rd, 2132

DATES:

Where: HoPALoNG Croydon
When: Term 1-2 Holidays 2011
11/4, 12/4, 18/4, 19/4 & 20/4

Where: HoPALoNG Peakhurst
When: Term 2-3 Holidays 2011
7/7, 8/7, 14/7, 15/7 & 16/7

Where: HoPALoNG Croydon
When: Term 3-4 Holidays 2011
26/9, 27/9, 28/9, 4/10 & 5/10

TIME:
9:30-11:30AM

COST:
\$300 includes resources, take home workbooks and morning tea

HoPALoNG also offers...

Handwriting Program



The focus being "Easy to Read"

Handwriting.

- ✍ *Ergonomic posture and pencil grips*
- ✍ *Fine Motor skills for finger awareness, tool use, in hand manipulation and finger strength.*
- ✍ *Handwriting legibility using Kineathetic and Cognitive approaches to spacing, sizing, letter formation & writing speed*
- ✍ *Bookwork and Classroom organisation skills*

School Readiness Program

Transition to Kindergarten has been developed for children starting school, building their skills and confidence before they start.

- ✂ *Gross and Fine Motor skills*
- ✂ *Prewriting skills*
- ✂ *Safe scissor use and cutting skills*
- ✂ *Social and classroom skills*

Gross and Fine Motor Skills- Kids BounceBack

A physiotherapist and occupational therapist developed and run small group program to build the motor skills of primary school children.

Programs are held at local school halls.

- *Muscle strengthening and Core Stability*
- *Pincer grip strengthening* ● *Balance*
- *Ball Skills* ● *In Hand Manipulation Skills*