

RIDING THE BIG WAVES



Teens can find themselves overwhelmed by the ups and downs of adolescent life: relationships, friendships, academic pressures, personal development, and growing up in a transient global city.

Our group will teach skills and create a space for teens to come together to support each other along the complex path to young adulthood. Parents will be given the opportunity to be introduced to the skills covered through information leaflets provided at the end of each session.

8 week program for Girls 14-18 years of age

Led by an experienced team: Clinical Psychologists Hannah Reidy PsyD, Katharine Threlfall PhD, Sophie Dunstone MPsych .

TOPICS COVERED

- Learning to ride the extreme waves of emotion
- Balancing being in the moment and looking to the future
- Getting along with friends, family, and frenemies
- Feeling grounded and acting from your inner strengths

***Skills from Cognitive/Dialectical Behavior Therapy**

Fridays, 1-2:30pm
1st September - 27th October (excluding half term)
Venue: Island School
Cost: \$5,000 for 8 sessions (24 Hour cancellation)
Register and Pay prior by ringing the number below