



LIME LEGENDS
Allied Health service for kids

Beautiful Me - Girls Social Group

An Occupational Therapist Led Group Program

Our Paediatric Occupational Therapist will provide a specialised individual - tailored group, designed around individual goals that promotes:

- Awareness of effective social skills
- Self-care (how we care for ourselves physically and mentally)
- Managing stress and anxiety
- Increasing independence with cooking and personal hygiene
- Awareness of cyber safety and managing conflict
- Body image and beauty standards
- Collaboration with peers and teamwork
- Accessing the community safely and independently



Pre-teen and adolescence is a time to develop and build on social skills and self-care skills to increase independence, confidence and self-esteem. However, this can be a daunting and confusing time for some young girls who may have low self-esteem, difficulty forming friendships and are coming to terms with their own unique identity. Armed with the right skills, young women can feel empowered to live their best life and shine bright like the Legends they were meant to be.

Participants can be children through to adolescence who identify having difficulties with any of the above or who just want to make some social connections and have FUN.

Our skilled Occupational Therapist will allocate participants into groups according to school year level, maturity and goals.

Register

To register or enquire please contact our Paediatric Team Leader, Lilly Pointon on 03 5022 0955 to discuss referrals or email limelegends@lime-therapy.com.au

Program

- 6 x 1.5 hour group sessions
- Groups limited to 5-7 individuals to ensure a strengths-based approach and cater to individual needs



Funding available through NDIS, Medicare, TAC
Private paying individuals please contact us to discuss fees.

