



PLUS

WITH HEATHER FRY

WITH TRICIA MURPHY

WORKSHOPS

“MY FAMILY & I”

AND

“COMMUNICATING WITH OTHERS”

PRIMARY SCHOOL AGE DATES:

PART 1 THURSDAY 21st JULY, 4-6PM

PART 2 SATURDAY 23RD JULY , 10AM-12PM

TEENS DATES:-

PART 1 THURSDAY 28TH JULY, 4-6PM

PART 2 SATURDAY 30TH JULY, 10AM-12PM

VENUE - EASTWOOD LEISURE CENTRE BALLARAT

LIMITED SPACES

TO BOOK CONTACT: Heather- 0411273046 or Tricia- 0428934077

SOCIAL SKILLS FACILITATOR: TRICIA MURPHY

Tricia is a skilled and qualified Social Skills and knowledge trainer and facilitator, with 14 years experience helping people with ASD using a play/drama based program.

Ph: 0428934077

Email – tricia@socialskillsplus.com.au

Social Skills Plus - Building Social Skills for Autism

Individual social skills for everyday life, presented in a fun and practical way.

1. Conversation skills
2. Voice tone and body language
3. Flexible thinking
4. Emotion regulations
5. Work ready - what job suits me? (teenagers only)
6. Boys talk to girls and safety with the opposite sex (teenagers only)
7. Girls talk to boys and safety with the opposite sex (teenagers only)

ART THERAPIST: HEATHER FRY

Heather Fry is a specialist who combines the qualification of Masters of Art therapy with being a competent artist. She also participates in on-going training in the areas of psychotherapy and education.

Ph: 00411273046 email: heat_race60@yahoo.com.au

Art therapy and ASD

- Art therapy can assist in self awareness
 - Art therapy can assist in recognising feelings and emotions
 - Art therapy can assist in motivating change
 - Art therapy can relieve stress
 - Art therapy can improve coping skills
 - Art therapy can assist in positive self esteem
 - Art therapy can assist in problem solving
 - Art therapy can assist in learning new skills
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