

TEAM CHALLENGE

Team challenge is a **6-week program** where kids (girls and boys) participate in a series of group games designed to advance general life skills in a fun and relaxed setting.

Games are specifically designed to target key skills including:

- Choosing healthy friendships
- Assertiveness
- Problem solving
- Confidence
- Empathy and compassion



After Week 1, your child will be allocated to a like-minded group who they will work with closely to solve various challenges and achieve targets.

Groups will commence from Term 3 hosted by **St Hilda's Anglican School for Girls – Junior School** (McCabe St, Mosman Park).

Team Challenge Dates for Term 3:

Years 5-6 Tuesdays commencing 6th August

Years 3-4 Thursdays commencing 8th August

All sessions will run from **3:30 – 5pm**

Supervision will be available from 3:15pm and children are encouraged to bring afternoon tea.

Groups will be coordinated by Dr Suzanna Russell-Smith, a Clinical Psychologist at Vivid Psychology. Suzanna specializes in the social and emotional development of children and adolescents.

Assisting Suzanna will be UWA Clinical Psychology Masters students.

Sessions cost \$80 each or a discounted up-front payment of \$430.

Each group will run with a maximum of 12 participants so complete the 'Expression of Interest' form ASAP to register your interest!

For further information, please email suzanna@vividpsychology.com.au

Expression of Interest

TEAM CHALLENGE

Child's Name: _____

School Year: _____ DOB: _____

Current school: _____

Home address: _____

Parent/ Guardian details:

Name: _____ Contact number: _____

Name: _____ Contact number: _____

Please tick your preferred contact

Please briefly describe your child's strengths:

Please briefly describe your child's weaknesses:

Please note any medical conditions/allergies we need to be aware of:

Please indicate your preferred payment method:

Session by session (\$80 each)

Upfront (receiving the discounted rate of \$430)

Email address for payment details: _____

*Please email completed form to Dr Suzanna Russell-Smith at suzanna@vividpsychology.com.au
or post to Vivid Psychology, 973 Wellington St West Perth 6005*