

SKILLS BOOSTER GROUPS @ THE HEALTH HUB



At The Health Hub, we are taking a realistic approach to therapy.

We have developed a program where you, with the help of our team, can identify key areas of ideal growth and work towards small manageable goals throughout an **8-week timeframe** to see a **real difference and improvement** in that identified area.

- We are working **across the lifespan**, from children, to adolescence and adults to **break therapy down into manageable and engaging steps**.
- We are **bringing together groups of people** of similar age and with similar goals to **work towards common goals** – together.
- We are providing programs that have a **better outcome** when they are delivered with a group approach to emulate the real world.
*Example: **Social Skills – In a Social Environment!***
- We are delivering **REAL WORLD** therapy and **getting the outcomes** that **you** and your loved ones **deserve**.

Our goal is to have you graduate from a Skills Booster Group, so that you can confidently know you have gained that provided skill!

We are confident that with first goal success, there will be newfound confidence and drive to then take your next therapy step into a new Skills Booster Group!

Our Skills Booster Groups tackle many traditional therapy goals.

IT IS STILL THERAPY - BUT WITH A DIFFERENCE

WHAT ARE YOUR THERAPY GOALS? WHAT IS YOUR FOCUS RIGHT NOW?



There are **many groups to choose from** and the **KEY** to this offering, is that you **choose** an individual **goal** to work towards, **match it** to a therapy group and **then work to hone those skills** and ultimately graduate the term with those learned skills.

OUR SKILLS BOOSTER GROUPS

- 4-6 attendees
- Weekly
- 8 week duration (weeks 2-9 of a school term regardless of age group)
- Pre-Set days and times

HOW DO I GET STARTED?

Contact our administration team to book and initial assessment with our coordinator.

At your Initial Assessment your goals will be heard, and information about specific programs inline with your goals list will be provided.