



# Secret Agency Society Group

Small Group Program for 8–12 year olds

SAS is a small group program designed to help kids 8–12 years old to develop their emotional regulation and social skills. The program uses espionage themed games to keep children interested and excited, while they learn new skills in a fun way. The SAS program is evidence based to help kids with ADHD, high functioning ASD, anger, anxiety and other social and emotional issues.

Our SAS program provides 9 sessions of 1.5 hours each across the school term for the kids. We have 2 facilitators and an assistant. There are also 3 parent sessions run alongside the kids' program to help parents learn with their kids, so they can support their child's development and their secret missions. There is an initial parent interview with a SAS facilitator, and a follow up session with a facilitator 1-3 months after the 9-week group concludes, to see how the kids are going.

Kids learn to:

- Recognize emotions in themselves and others
- Regulate and express feelings in more appropriate ways
- Talk and play with others better
- Solve friendship problems more easily
- Cope better with change and deal with bullying

**Cost:** \$2500 per child for full program.

A deposit of \$500, completed paperwork, an interview (\$100) and offer of place determined by suitability of the child to join the group are required to hold a space for your child, unless sold out prior.

Full payment/balance is deducted from credit card on file on Tuesday 27th September 2022 unless paid in full prior. All payments are **non - refundable**.

A fully charged compatible device is required for all sessions, such as an iPad, tablet or laptop. Mobile phones are not appropriate.

**Inclusions:**

- 1 x 45m Parent/Guardian interview with facilitator
- 1 x 15m Child Meet and Greet with facilitator
- 9 x 90m Child Sessions in line with the school term
- 3 x 90m Parent/Guardian Sessions (online)
- 1 x Access to online Digital HQ for Secret Agent
- 1 x 90m Follow up Child Session (typically 1-3 months)
- 1 x 60m Follow Up Parent Session (typically 1-3 months after program)
- 1 x Follow up phone call with facilitator

**Venue:** Northside Psychology, Suite 3, Level 4, 40 Cameron Ave, Belconnen, ACT 2617

**Dates: Child Sessions:** Tuesdays from 18th October to 13th December from 3:45 – 5:15pm

**Online Parent Sessions:** Zoom Sessions on Wednesdays 19th October, 9th November and 30th November from 5:30 – 7pm.