

Sugar & Spice

Empowering your daughter to cope with friendships and cliques for girls 8-10 years old

Lakeside Rooms
Groups Programs
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November 2018



A Quick Overview

Commencing: Tuesday 20 August 2019

Weekly 4:00pm – 5:30pm over 5 weeks (subject to numbers)

Cost \$300.00 (possible rebates up to \$108.25)

Sugar and spice and all things nice, that's what little girls are made of. Without warning though, your little girl is confronted with whispers, rumours, gossip and nasty behaviours. From the beginning of Grade 3, girls start using exclusionary tactics and other covert ways of bullying with the intent to isolate and hurt their friends.

Most girls at times are the target of this type of bullying. They are, at other times, bystanders. Sometimes they are even the aggressor, often as a way to establish and maintain social positions. Girls may be best friends one day and cruel the next. These behaviours are not okay and need to be challenged. Considering identity formation in girls is crucial in their primary school years, the impact of early friendships and coping with social struggles can be long-lasting and may significantly impact on future relationships.

Many bullying programs do not address the complicated issues around girl friendships and cliques. Additionally, many parents feel overwhelmed and ill-equipped to handle these issues with their daughter, particularly when they are unable to influence another child's behaviour.



Program Details

This program is offered as a 1.5 hour sessions over 5 weeks.

Cost: \$300.00

Medicare rebates of \$21.65 per week available for those with a Mental Health Care Plan and who attend that week's session

Where...

This group runs at our Robina rooms:

Level 3 Building 3
Lakehouse Corporate Space
34-36 Glenferrie Dr. Robina Qld

Program Practitioners

Leanne Jones

Psychologist

Leanne Jones is a psychologist skilled in the assessment of children and adolescents. Leanne specializes in educational psychology, including learning, emotional and behavioural difficulties in children. She provides learning assessments and facilitates group programs.

To Make a Booking...

To book into this group please go to

<https://www.trybooking.com/445478>

To find out more information or to enquire about other groups please feel free to contact us on 55620466.



Call us today (07) 55 620 466

Robina & Coomera

Lakeside Rooms is the first multidisciplinary group private practice for mental health professionals on the Gold Coast; offering services to patients from psychologists and psychiatrists.

Find out more at www.lakesiderooms.com.au