

# STRENGTH

## *in Independence*

### Occupational Therapy Group Program

Adolescence and early adulthood is the time to develop the skills to lead a fulfilled life. Armed with the right skills, young people can be empowered to achieve their individual potential.

Allay will provide a specialised 8 week occupational therapy group program that promotes awareness of effective feelings, thoughts and reactions. Whilst learning how to balance everyday activities such as education, community activities, work or moving out of home.



The group will be designed around individual's goals, addressing:

- Social skills
- Sensory processing
- Sleep
- Stress
- Everyday activities
- Exercise
- Nutrition
- Routines

Participants can be aged between 13 to 30 years old and have health or disability needs. We will allocate participants into groups according to age and goals.

Please contact our Principal Occupational Therapist  
Lauren Pattinson to discuss referrals.

Funding options available through  
NDIS, Medicare, TAC and  
private funds.



ALLAY  
OCCUPATIONAL THERAPY

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