

# WESTMEAD FEELINGS PROGRAM

## SOCIAL AND EMOTIONAL SKILLS PROGRAM

### WHAT IS THE WESTMEAD FEELINGS PROGRAM?

The Westmead Feelings Program is an evidence-based intervention program for children aged 7-9 years old with Autism Spectrum Disorder (ASD) and mild intellectual disability\*, teaching them about emotional understanding and social awareness.

During the program, children are empowered to interact and socialise with their peers while learning to understand and manage their feelings in everyday settings. Parents also receive training to help support their child's development.



### WHAT IS INCLUDED IN THE PROGRAM?

Learning Links psychologists run the program across three school terms, with a total of 16 x 1 hour and 15 minute child sessions and 7 x 30 minute parent sessions (see following page for schedule). Parents may like to attend the last 15 minutes of their child's sessions.

Parents receive an online training session at the beginning and end of each term, which will be delivered via Zoom. Facilitators work closely with parents to help them to become 'emotion coaches' for their child – learning how to support them to talk about and manage their emotions, problem solve and interact with others.

All children will receive a resource pack to support each module. Parents also receive an information and resource pack at the beginning of the program.

Six months following completion of the program, children and parents each attend a follow-up session to reflect on, revise and refine their skills.

### HOW WILL MY CHILD BENEFIT?

The Westmead Feelings Program is based on theories of emotional intelligence and emotional competence, and has been developed to suit children's individual learning needs.

By interacting and completing activities in small groups, children build the foundations of emotional awareness, social skills and good mental health, including:

- Recognising and understanding their own and others' emotions, eg. happy, sad, worried and angry
- Developing the skills to understand different perspectives and solve problems
- Managing their own feelings and behaviour in different settings

\*Learning Links is running Westmead Feelings Program 1. For children to achieve the best possible outcomes, they need to have some verbal communication, be able to draw simple pictures or write a few words and pay attention for at least a few minutes at a time. Please discuss the program's suitability with our Customer Care team.

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### SCHEDULE

Location	Day/Time	Age	Term Dates
Peakhurst	Thursday 4.00pm - 5.15pm	7-9 years	Thursday 3 February 2022 - Thursday 18 August 2022 (excluding school holidays)

Term 1 2022: Module 1*		Term 2 2022: Module 2*		Term 3 2022: Module 3*	
Week 1: 3 February	Parent Session (12pm - 30 min Zoom Q&A)	Week 1: 28 April	Parent Session (12pm - 30 min Zoom Q&A)	Week 1: 21 July	Parent Session (12pm - 30 min Zoom Q&A)
Week 1: 3 February	Child Session 4.00pm-5.15pm	Week 1: 28 April	Child Session 4.00pm-5.15pm	Week 1: 21 July	Child Session 4.00pm-5.15pm
Week 2: 10 February	Child Session 4.00pm-5.15pm	Week 2: 5 May	Child Session 4.00pm-5.15pm	Week 2: 28 July	Child Session 4.00pm-5.15pm
Week 3: 17 February	Child Session 4.00pm-5.15pm	Week 3: 12 May	Child Session 4.00pm-5.15pm	Week 3: 4 August	Child Session 4.00pm-5.15pm
Week 4: 24 February	Child Session 4.00pm-5.15pm	Week 4: 19 May	Child Session 4.00pm-5.15pm	Week 4: 11 August	Child Session 4.00pm-5.15pm
Week 5: 3 March	Parent Session (12pm - 30 min Zoom Q&A)	Week 5: 26 May	Child Session 4.00pm-5.15pm	Week 5: 18 August	Child Session 4.00pm-5.15pm
Week 5: 3 March	Child Session 4.00pm-5.15pm	Week 5: 11 November	Parent Session (12pm - 30 min Zoom Q&A)	Week 6: 18 August	Parent Session (12pm - 30 min Zoom Q&A)

Booster Sessions	
Approx. Feb 2023	Parent session
Approx. Feb 2023	Child Session

\* Parents will be sent a webinar prior to week 1 of each module to watch in their own time.

### COST

- Parent/Child Interview: \$185.00
- 16 x Child Sessions: \$1,426.00
- 7 x Parent Sessions: \$249.55
- Resource Kit: \$225.00

**Total Cost: \$2,085.55**

### FUNDING AND REBATES

NDIS funding can be used for the Westmead Feelings Program.

### MORE INFORMATION

For more details about the program or to book, contact our Customer Care team.

Call 1300 003 900

Email [mail@learninglinks.org.au](mailto:mail@learninglinks.org.au)

Visit [www.learninglinks.org.au/information-request](http://www.learninglinks.org.au/information-request) to enquire online

