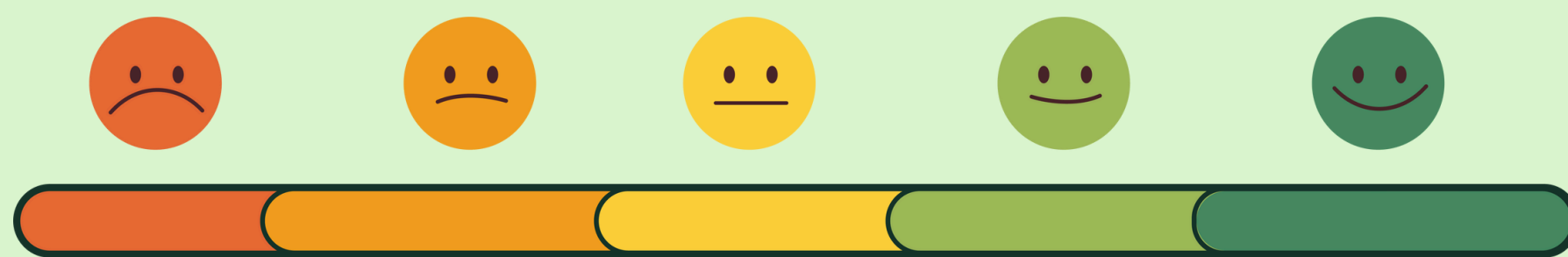




Family Services AUSTRALIA
Health & Wellbeing

Westmead Feelings Program



A PROGRAM SUPPORTING YOUNG PEOPLE AGED 5-12 WHO WANT HELP WITH:

**UNDERSTANDING EMOTIONS
BUILDING SOCIAL AWARENESS
DEVELOPING EMOTION REGULATION SKILLS**

**NDIS PARTICIPANTS WITH
SELF OR PLAN MANAGED PACKAGES
MAY BE ELIGIBLE TO USE THEIR FUNDING FOR THIS PROGRAM**

**WE ARE CURRENTLY TAKING
EXPRESSIONS OF INTEREST FOR
OUR TERM 1 2026 GROUP**

PROGRAM 1 (5-6Y/O):

TIME: 9-10AM

**DATE: TBA PENDING
PARTICIPANT AVAILABILITY**

PROGRAM 2 (7-12 Y/O):

TIME: 3:30-5PM

**DATE: TBA PENDING
PARTICIPANT AVAILABILITY**

Scan the QR code to register on our website.
You can also contact us at groups@familyservices.org.au





Westmead Feelings Program

WHAT IS THE WESTMEAD FEELINGS PROGRAM?

The Westmead Feelings Program is an emotion-based learning group designed by the Westmead Children's hospital. The program is designed to assist young people with a diagnosis (or suspected diagnosis) of Autism with developing their skills in the following areas:

- Social Navigation
- Emotion Regulation
- Emotional Identification
- Understanding thinking styles

WHAT DOES THE WESTMEAD FEELINGS PROGRAM LOOK LIKE?

The Westmead Feelings Program runs across 3 school terms. Each term comprises of 2 parent/carer sessions and 5 child sessions.

During the Westmead Feelings Program children will get the opportunity to complete workbooks, watch videos, engage in roleplays, and participate in games and group activities. There is a structure and routine for each session, however activities will vary each week depending on the session content.

CAN MY CHILD JOIN THE WESTMEAD FEELINGS PROGRAM?

Family Services Australia will be running 2 separate Westmead Feelings Program groups. These are

- Westmead Feelings Program 1: Suitable for young people aged 5-6 with a diagnosis of Autism OR aged 7-8 with a diagnosis of Autism and mild intellectual disability.
- Westmead Feelings Program 2: Suitable for young people aged 7-12 with a diagnosis of Autism and no accompanying intellectual impairment.

The Westmead Feelings Program is suitable for young people with a diagnosis of Autism and accompanying diagnoses such as ADHD or Specific Learning Disorders.

PRACTICAL INFORMATION

The Westmead Feelings Program will be held at Family Services House, located in Stockland Shellharbour. Our service can be most easily identified as the large glass building across from Centrelink. Session date and times will be determined based on group availability, however will run weekly for 7 weeks each term. The group runs for 1.5hrs each session.

Eligible NDIS Self and Plan Managed participants are able to utilise their NDIS funding for this program. Per NDIS guidelines session fees are guided by the number of participants in the group.

This will be discussed with you and reflected with you in your service agreement prior to commencement of the program.

If you have any questions or would like to discuss this program further, please feel free to contact us at groups@familyservices.org.au or on 1800 372 000 (option 2).