

Term 2 Group Programs

Bright Beginnings

Bright Beginnings is a group program designed to support young children in developing emotional regulation skills and building a personalised wellbeing toolbox.



Age: 6-8 years

Cost: \$156.26 per session

Venue:
Early Start Australia,
Oakleigh

Time: 4.15pm - 5.15pm Thursday
Commencing 28/04/2025

Funding:
Private or NDIS allocation

Through play-based and engaging strategies, children can explore emotions, discover regulation techniques that work for them, and learn to express their feelings in a supportive and inclusive environment.

Children can develop their ability to:

- Foster self-awareness and regulation strategies that honour each child's unique needs.
- Support self-advocacy and social communication, including expressing emotions and needs in a way that feels right for them.
- Develop problem-solving skills to navigate everyday challenges while respecting personal sensory and emotional experiences.

Next Steps: For enquiries or to register for this group [click here](#), scan the QR code, call our clinic on **03 9024 0339** or email us at oakleigh@earlystartaustralia.com.au



Early Start Australia | VIC | Oakleigh
Level 2, 20 Atherton Road, Oakleigh
oakleigh@earlystartaustralia.com.au

earlystartaustralia.com.au

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