

Therapy Groups for Children



Rocky Bay group therapy offers children the opportunity to build meaningful interactions with their peers and the world around them – and have some fun at the same time!

You can choose from a number of groups depending on your child's age, goals and interests.

Gaming Group (11-15 years)

Gaming Group uses the game Minecraft™ to help children develop:

- exploration and flexibility
- self-awareness
- planning and organisation
- self-control around defeat

Building Buddies (8-12 years)

Building Buddies Group uses LEGO® blocks to help children develop their social, communication and language skills; collaboration and problem solving; social thinking skills and flexibility; and positive social interactions with others.

Rocky Bay Bike Group (6-14 years)

Riding a bike or a tricycle is an important skill, as it can be enjoyed at home, school and in the community with friends and family.

Our therapists can provide you or your child with support and intervention around bicycle or tricycle riding skills.

Mindful Movers (10-13 years)

Our Mindful Movers group aims to support children to understand the concept of mindfulness and how this may link to emotional regulation.

Group participants will be taught:

- How to move their bodies mindfully using a variety of sequences
- Breathing and mindfulness activities to promote self-regulation
- How to practice simple mindfulness techniques

Social Thinking Superflex Group (7-10 Years)

The Social Thinking Superflex group uses a range of interactive games and scenario-based role-plays to explore social thinking, developing your child's knowledge of social expectations and identifying ways to modify their thoughts and related behaviours across settings.

All groups are evidence-based and facilitated by professional therapists.

Rocky Bay also has a number of useful workshops for parents and carers of children with disability. Visit the website for more.

Contact us

For more information, or to book, please call 9555 9101 or email tpsadmin@rockybay.org.au