

Connect and Construct

What:

For NDIS Participants aged 10–13 years The Construct and Connect Group is a fun, structured therapeutic program designed to help children build essential life skills through collaborative LEGO play. This small group program of 4 participants supports NDIS goals in communication, social interaction, emotional regulation, and community participation.

The Detail:

Location:

Caringa Allied Health, 144 Fitzroy Street, Grafton

When:

Monday 3.30pm–5.00pm
9 weekly Sessions from 20th October – 15th December 2025

Girl Squad

What:

Want to make new friends, feel more confident, and have fun while learning cool stuff about yourself? Join The Girl Squad! A small, friendly group (just 4 girls!) where we talk, laugh, and learn together. We'll explore things like: Who you are! How to feel good about yourself! How to handle tricky social stuff and how to build strong friendships It's made just for girls aged 12–15, and it's all about helping you feel like you belong and grow into your amazing self.

The Detail:

Location:

Caringa Allied Health, 144 Fitzroy Street, Grafton

When:

Wednesday 3.30pm–5.00pm
7 weekly Sessions from 5th November – 17th December 2025

Kitchen Wizards

What:

This fun and hands-on group program helps teens aged 12–15 build essential food skills for independent living. Over our weekly sessions, participants will learn about healthy eating, kitchen safety, budgeting, grocery shopping, and preparing simple meals and snacks. With a small group of 4 participants activities are tailored to different learning styles and support needs, promoting independence, confidence, and wellbeing.

The Detail:

Location:

Caringa Allied Health, 144 Fitzroy Street, Grafton

When:

Thursday 3.30pm–5.00pm
7 weekly Sessions from 6th November – 18th December 2025

Little Learners Launchpad

What:

The School Readiness Program is a fun, play-based early intervention program designed for children starting Kindergarten in 2026. Delivered once a week over term 4, this small-group program of 4 participants helps children build the social, emotional, communication, and self-management skills they need for a confident start to school.

The Detail:

Location:

Caringa Allied Health, 144 Fitzroy Street, Grafton

When:

Tuesday 9.00am–10.30am
9 weekly Sessions from 21st October – 16th December 2025