

Social Skills

Sakura Education Foundation Ltd provide high quality, evidence-based psycho-educational programs that build children's resilience, skills and abilities to be positively engaged in school, their family and community.

Our programs are delivered by registered psychologists and designed to empower children with the knowledge and skills to successfully transition from primary school to high school, and navigate the challenges of adolescence.

We are currently partnering with your child's primary school to deliver a FREE program to Year 5 and Year 6 students who meet eligibility criteria. Programs will be delivered during normal school hours. Participating students will take part in a group of 25 to 30 students and engage in 12 sessions over Grade 5 and Grade 6. Topics delivered during the program focus on:

- Resilience
- Communication skills
- Problem solving
- Making and keeping friendships
- Conflict management
- Emotional intelligence
- Cyber safety
- Healthy relationships
- Managing thoughts, behaviours and emotions
- Positive self-image & self-esteem

For further information about us and our programs visit sakuraeducation.org.au