

# Sisterhood – Teen Girls



## Expressions of Interest!

### Who is this for?

- Children aged 5-9 years old & 10+ years old
- Neurodiverse inclusive (ASD/ADHD)
- This group is a closed program, where participants start at week 1 and continue through to the group's conclusion

### Funding:

- \$150 per session
- Specific Dates - See Below - paid in whole at commencement
- Funding streams
  - NDIS / Non Claiming / Wesley Mission


## Teen Girls Program Includes:

 Adolescent Health Issues

 Life Skills Development

 Personal Insight

## What is the key focus?

 **Adolescent Health Issues:** Understanding the physical, emotional and cognitive changes during adolescence + issues like: substance use, sexual health, and relationships

 **Life Skill Development:** Coping with stress, Resisting Peer Pressure, enhancing decision making skills

 **Personal Insight :** clarifying personal beliefs and values to understand our emotions and choices

## Call our admin team to find out dates and times

find out more →

[www.AHHB.com.au](http://www.AHHB.com.au)

### 01

Make an enquiry or booking today

[admin@ahhb.com.au](mailto:admin@ahhb.com.au)

PH: 07 3890 7033 / Fax: 07 3890 7077

### 02

Groups Co-ordinator will email  
your Group Welcome  
information

#### Clinic Hours

MON - THURS: 7AM - 7PM

FRI: 7AM - 5PM | SAT: 8AM - 4PM

#### Wynnum (HQ)

Shop 11, 89A Bay Tce

Wynnum QLD 4178

#### Belmont Farm

13 Grassdale Road

Belmont QLD 4153

