

the GLOW UP *program*

BY SOCIAL MINDS COUNSELLING & SERVICES



INFORMATION BOOKLET

welcome!



Welcome to Social Minds Counselling & Services. We're dedicated to providing specialised counselling services tailored to meet the unique needs of teen girls and gender-diverse youth, aged 11-19 years.

Our approach is rooted in neuro-affirming principles and trauma-informed care, ensuring a safe and supportive environment for growth and healing.

I'm Katie Bryant, a dedicated Counsellor based in the ACT. My mission is to empower young girls, guiding them to embrace their inner strength and discover their full potential.

I am deeply committed to fostering a sense of self-worth in young girls, encouraging them to authentically express themselves in all facets of life.

With a profound interest in the well-being of children and young people, I am particularly passionate about inclusion and providing support to individuals on the Autism spectrum. I believe in equipping young individuals with the necessary skills to navigate the complexities of the world while nurturing their authentic selves.



socialminds_counselling

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SOCIAL SKILLS PROGRAM



One of the most powerful ways to support autistic girls is to create a safe, supportive and inclusive environment for them.

Amazing things happen when autistic girls come together in these types of environments and learn and grow together.

Encouraging, understanding, and acceptance among participants is so key to fostering positive social interactions.

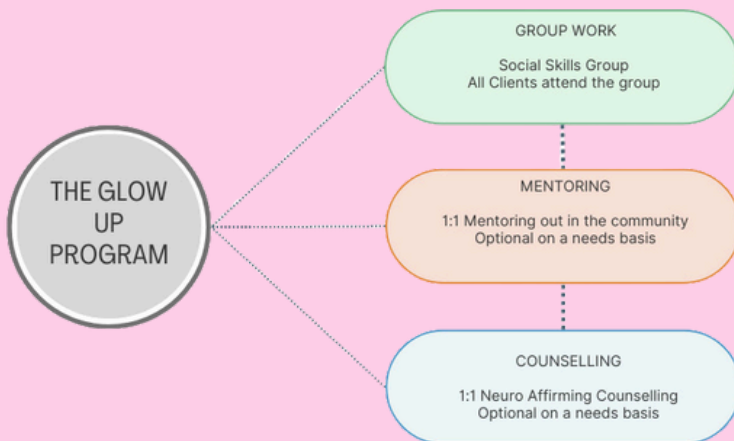
Social Skills groups are a great way to help autistic girls create a sense of community and positive identity.



GLOW UP PROGRAM - OUR MODEL

We use a tailored approach of group work, mentoring and counselling as part of our social skills program.

For girls & gender diverse youth 11-17 years





SOCIAL SKILLS PROGRAM

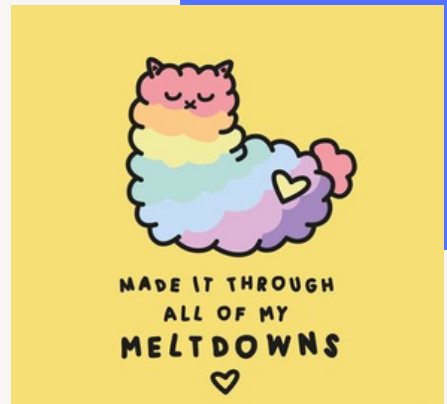
THE GROUP

The Group - is a tailored program with therapeutic support, structured learning, and opportunities to practice in real life.

Check in - At the onset there is a check in where the girls share experiences using the zones of regulation.

Teachable moment - We use role modelling, group discussion, structured interventions, to teach skills.

Group Activity - involves the group plan (Social Thinking Concept) or excursion into the community.



The ZONES of Regulation

Blue Zone Sad Bored Tired Sick	Green Zone Happy Focused Calm Proud	Yellow Zone Worried Frustrated Silly Excited	Red Zone overjoyed/Elated Panicked Angry Terrified



COUNSELLING & MENTORING SUPPORT

Available to all girls in the glow up program



Mentoring helps expand on the concepts and things we work on in the group.

Mentoring is a transformative tool that yields an array of invaluable benefits for young individuals

Mentoring allows us to continue to work with our clients addressing their needs individually and building their capacity to transfer the skills they are learning across environments.

COUNSELLING

Counselling is where the more personal issues are addressed around mental health and well being. Social situations are talked through in depth. Our counselling is Neuro Affirming and trauma informed.

[Read more about our counselling and mentoring services here](#)

MEET OUR TEAM



KATIE

Group Facilitator/Counsellor

Katie holds a Bachelor Degree in Social Science (Counselling). She has a background in Child and Family Therapy,



TAMARA

**Assistant
Facilitator/Mentor**

Tamara is currently undertaking her last year of her Bachelor's Degree in Psychology with Honours.



JO

Team Leader Groups

Jo is undertaking a Diploma in Youth Work. She currently works as a Learning Support Assistant in Primary Schools.

TESTIMONIALS

The inclusivity in the group is amazing it always feels like everyone is involved and every voice is heard" - participant

"I really like the activities we do and the best thing is there is no judgement and everyone understands me"- participant

"We are so proud of her and have noticed since starting the Glow up program she is becoming more confident and less anxious which has helped her to go to school more, and to be happier when she is home, overall she is happier and less anxious" - sibling



LET'S GET IN TOUCH

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WWW.SOCIALMINDSCOUNSELLING.COM.AU

If you are interested in your child joining our Glow Up Program,
then please complete the below intake form.

[Intake form](#)