



GLOW UP PROGRAM

INFORMATION BOOKLET





SOCIAL SKILLS PROGRAM

One of the most impactful ways to support autistic girls is by providing a safe, inclusive, and encouraging environment where they feel understood and valued.

When autistic girls come together in a space that nurtures connection and growth, incredible things can happen. They learn, grow, and thrive as individuals and as part of a community.

By fostering empathy, understanding, and acceptance within the group, we help create opportunities for positive and meaningful social interactions.

Our Social Skills groups are designed to help autistic girls build a strong sense of belonging, develop their identity, and form lasting, supportive relationships.

THE IMPORTANCE OF SOCIAL SKILLS TRAINING

Our Social Skills Program supports the development of essential interpersonal skills, helping participants to:

- Build and maintain positive relationships
- Improve communication and interaction
- Reduce feelings of social isolation
- Foster greater independence
- Strengthen self-esteem and confidence
- Support identity exploration and self-expression
- Encourage self-awareness and self-advocacy
- Promote peer connection and mutual support

the
GLOW UP
program



Through the Glow up program we guide girls to engage in more meaningful and rewarding social interactions. They learn how to build stronger connections and discover their tribe - people who truly understand and support them.

We focus on developing vital skills such as: compromise, problem solving, flexible thinking and perspective taking. These foundational tools empower girls to maintain friendships and navigate social dynamics with confidence.

THE GROUP: STRUCTURED SUPPORT FOR SOCIAL GROWTH

The Group is a customised program combining therapeutic support, structured learning, and real-life practice opportunities.

- **CHECK IN:** Each session begins with a group check-in using the Zones of Regulation, where participants reflect on how they're feeling and share their experiences.
- **TEACHABLE MOMENT:** Facilitators guide learning through role modelling, discussion, and targeted interventions that develop social and emotional skills.
- **GROUP ACTIVITY:** Activities are based on a group plan, often drawing from Social Thinking concepts, or may involve community excursions to practice skills in real-world settings.

Supplementary Reproducible E for Elementary Ages



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

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Adapted from The Zones of Regulation 2-Storybook Set | Available at www.socialthinking.com



Together, we create a nurturing space where participants can safely explore, express, and connect.



ABOUT US

SOCIAL MINDS COUNSELLING IS LED BY KATIE BRYANT, AN EXPERIENCED COUNSELLOR WITH OVER A DECADE OF WORK SUPPORTING YOUNG PEOPLE AND THEIR FAMILIES. WE UNDERSTAND THE PRESSURES OF GROWING UP AND THE IMPORTANCE OF MENTAL WELLBEING. OUR PRACTICE IS BUILT ON EMPATHY, INCLUSIVITY, AND THE BELIEF THAT EVERY YOUNG PERSON DESERVES TO FEEL SEEN, HEARD, AND SUPPORTED.

MEET THE TEAM

KATIE



Group Facilitator &
Counsellor

JO



Team Leader - Groups
& Youth Worker

KIARA



Group Support,
Marketing & Intake

GET IN TOUCH

WEBSITE

[HTTPS://WWW.SOCIALMINDSCOUNSELLING.COM.AU](https://www.socialmindscounselling.com.au)

SOCIAL MEDIA

@SOCIALMINDS_COUNSELLING

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AGENCY REFERRAL FORM



INFOSOCIALMINDSCOUNSELLING@GMAIL.COM



“FIND A SEED AT THE BOTTOM OF YOUR
HEART AND BRING FORTH A FLOWER.” -
SHIGENORI KAMEOKA