



Our groups are for kids to...

Find their tribe

- Connect with others who think, feel and experience similar things
- Have a safe space to feel like they 'fit in'
- Make and maintain friendships

Understand others

- Understand different peoples perspectives
- Understand how peoples brains can work differently
- Navigate social conflicts
- Work as part of a team
- Identify social cues and messages from others.

Build their self-esteem

- Grow confidence and resilience
- Believe in their skills as a great communicator and friend
- Set their own goals and the next steps they would like to achieve
- Practice, breakdown and navigate social situations that occur and feel challenging. For example, competition, team sports, team work

Our programmes support both neurodiverse and neurotypical individuals.



Social Skills Groups

Where kids find their tribe!

Our mission is to support kids, teens & young adults to form meaningful friendships, build self-confidence and understand others.

"He is absolutely loving this course.

Thank you so much, it is so nice to see him happy and engaged like this, it has helped his self-confidence immensely."

Parent

What do groups feel like?

Our groups feel like a social gathering. Kids, teens and young adults find them fun with the right level of challenge. The support and expertise of our facilitators is woven into everything we do while maintaining a social and exciting vibe. Student's individual goals are supported (and achieved!)

What kids say about Talk Together:

"It's a safe environment, everyone is open about stuff." "It's actually stuff that's helping me!" "I like how chill it is, no people trying to show off" "I can always make friends no matter the group." "I actually don't hate it" (said by surprised teen) "Everyone is just like me, they get it."

"Friendship is born at the moment when one person says to another, "What! You too? I thought I was the only one." - C. S Lewis

Our Programmes

Our programmes support neurodiversity. Parents and students have described Talk Together groups as neuroaffirming, and setting kids/teens up in safe ways for the world they are going to experience.

We couldn't put it better ourselves!

The below overarching themes are focused on throughout all of our programmes:

- Communication skills
- Forming and maintaining friendships
- Seeing things from other's perspectives
- Resilience & confidence development
- Emotional regulation (learning about, recognising and managing our emotions in healthy ways)
- Team work
- Conflict resolution skills
- Identifying other people's social cues
- Leadership skills

Each and every group is tailored to the individuals attending. Student's participation, comfort and achievements are constantly observed and plans are altered throughout the term (even within sessions!) to cater for the specific individuals in front of us- their needs and their goals.

We do a range of activities in our groups. These are always changing and are based on the children's goals and interests. We also utilise LEGO Therapy in some sessions (usually 2 sessions per term, and we run specific LEGO Therapy groups in the school holidays) this is a really effective and supportive way to practise social skills.

Facilitators and Ratios

Our groups are organised, planned, run and evaluated by a professional multidisciplinary team.

Our experts are "on the ground" with the students at Talk Together every single session.

Our team is made up of experienced speech language therapists, outdoor adventure therapy educators, teachers and counsellors. You can find out more about us here: <https://www.talktogether.co.nz/our-team>

Each group is run by at least 2 facilitators with a maximum ratio of 1 facilitator to 5 children. In reality most of our groups are run with a 1:4 ratio. We also offer extra supportive groups at some age groups for 2-3 students.

Group Locations

Our groups are held across 4 locations: **Rolleston, Christchurch, Rangiora and Online.**

Due to the specialist nature of our groups and our compact team not all groups are run at all locations. Check out our current timetable to find the closest group to you! Feel as if our groups are too far away? Join us online! Our online groups are attended by children throughout New Zealand.

Our Groups

5-9 years

Building self-belief is our aim here! Children learn to recognise their role (and contributions) in group tasks and in forming connections with others, navigate friendship dynamics and see and understand things from others perspectives.

10-13 years

This is the age where things get complicated! There is often a need to 'read the social scene' in situations that in the past were very black and white. Our focus here is a smooth transition for kids through this phase, building understanding of themselves, their social and communication skills and a confidence in seeing things from others perspectives to aid making friends and 'keeping up' with the social challenges often faced at this time.

14-18 years

This group has a big social focus with the students having lots of input into the groups direction and content. Half of each session is a more structured facilitator led topic area and the other half focuses on friendship building, maintaining and navigating different social contexts through a variety of activities. For those in the middle to second part of high school.

Young Adults Group 18+ yrs

This group is all about supporting each other, building friendships and navigating life's adventures together. Students steer the direction of the group and the topics covered are relevant to the participants. One session each term is spent hanging out together somewhere in the community.



*"She was so excited she says she wished
Talk Together could last all day!"*

Parent

Timetable & Enrolments

Groups are run each term and most school holidays. Enrolments open for groups in the following term/holidays a few weeks before the end of each school term.

Please email info@talktogether.co.nz to be added to our enrolment list if you think you may like to enrol in a Talk Together Programme now or in the future. This ensures you are alerted via email when enrolments open. Many groups fill up quickly just from our returning students and enrolment list.

Timetables can be viewed and enrolments completed via our website www.talktogether.co.nz or by emailing info@talktogether.co.nz

"He was sworn into the Air Cadet today after being with them every Thursday night and completing their two night basic training camp this weekend. I don't believe he would have achieved this without Talk Together. He now makes me wait while he says goodbye to friends, has a last chat, and shares laughter and jokes! Today I even heard him congratulating another cadet on an award he dearly wished to have won himself. Don't ever forget the mahi you do is so valuable! From a selective mute to an air cadet... amazing! "

Parent

Student Pathways & Pricing

All Talk Together groups are run at cost to be as accessible as possible to students and families.

New Students to Talk Together

All NEW students enrolling at Talk Together have an initial new student session. New student sessions ensure kids get the absolute most out of their time with us and gives them a chance to start building a relationship with a facilitator, feel familiar with where the groups will be held and in some cases meet some of the other students in their upcoming group. All these factors make coming along on the first day a little easier! This is a stand alone screening and support session in one.

In this session we:

- Understand student's current challenges and set some next step goals to smash
- Provide a next step or challenge to focus on at home.
- Assist with any other referrals the student may need
- Assess correct fit for one of our social skills groups (we know how hard it is to come along to a group for the first time and we want it to feel right). If a student is not a good fit for the programme initially enrolled in we will tell you. We might suggest a move to one of our other groups or help you to find the supports you need elsewhere.

This session looks different depending on the child, teen or young adults age and the type of group they are joining. A Caregiver or support person is always required at this session. Check out the table on page 5 for details!



Returning Students

Our programmes are perfect for returning students!

While you are welcome to attend one programme at Talk Together in isolation, many of our students are returning. We see the biggest successes and changes in our returning students.

Understanding others, building self belief and extending social skills takes practise and returning students are extended as their skills develop within our programmes. Our programmes are perfect for returning students as overall themes stay the same but how we achieve these are always changing.

In fact- 1/2 to 3/4 of the students in any Talk Together group are returning students! We are so proud of our returning students who feel a real sense of belonging at Talk Together and are always so welcoming to new students!

New & returning Students

We run a range of different school holiday programmes including outdoor adventure therapy programmes & 2-4 day intensive programmes on specific topics. Great for new and returning students. Make sure you are on our enrollment list to hear about our next group!

What's Included?

- School holiday programme session/s (length of time and number of sessions determined by the type of programme)
- Support for parents and school teams: An email summary sent at the end of the programme outlining areas covered in the session/s and a 'challenge' to complete or a discussion point to support generalising the skills being learnt in the programme. We encourage you to share this information with your child's school team to support generalisation of skills.

Price

School holiday programmes range from \$85-\$300 +gst

Term Time Social Skills Group Programmes

What's included?

- 6x 1 hour in-person OR 6x 45mins online group sessions
- Support for parents & school teams.
- Email summaries sent at the end of weeks 2, 4 & 6 outlining areas covered in the sessions and a 'challenge' to complete or a discussion point to support generalising the skills being learnt in the programme. We encourage you to share this information with your child's school team to support generalisation of skills
- Facilitators available to chat through any questions or concerns. All facilitators can be reached at info@talktogether.co.nz

Optional: Individual End of Term Student Summary

- An email report of all of the areas covered throughout the term.
- A summary of how your child/the student has progressed during the sessions as well as any ongoing next steps.
- 2-4 practical next steps to support your child's/the students social skills development.

Price \$25 + gst

"School feedback from our Behaviour Plan meeting is that he is using techniques from Talk together effectively and overall he is in a much better place socially at school"

Parent

Parental Involvement & Safety

Parents are welcome to stay, drop and go or a mix of both during group sessions. If parents observe we ask they hang back to allow kids to fully engage in the social context (and be supported by facilitators when needed), so they can get the most out of the groups and the group can feel as social as possible.


It is the facilitator's role to deliver an epic programme, and the parent/caregiver's role to ensure their child/ the student is safe to stay independently in the environment where Talk Together groups are held.

If a child or students is not safe in the environment independently you or a support person is required to stay for the duration of the sessions with them. For example, if there is a chance a child may wander off, leave the space where others are or if there is any chance they may hurt themselves or others if emotions were to build then a support person is required to stay.

We can make a supportive plan, if required, during your child's/ the student's initial 1.1 session with us.

It's been a great first term, and I've loved seeing the smile on her face when she leaves. You can really tell when kids find their 'people' - it's a beautiful thing to see

Parent

 Programme type	New Students	Returning Students *
Online Social Skills Groups <ul style="list-style-type: none"> • 5-9 years • 10-13 years • 14-18 years 	<ul style="list-style-type: none"> • 1x 30 minute new student online session with student & caregiver. • 6x 45 minute group sessions • \$244 + gst 	<ul style="list-style-type: none"> • 6x 45 minute group sessions • \$174 + gst
Online Young Adults Social Skills Group	<ul style="list-style-type: none"> • 1x new student online session with student. • 6x 1hr group sessions • \$292 + gst 	<ul style="list-style-type: none"> • 6x 1hr group sessions • \$222 + gst
In-Person Social Skills Groups <ul style="list-style-type: none"> • 5-9 years • 10-13 years 	<ul style="list-style-type: none"> • 1x new student in-person session. This is held at the group location approx. 2 weeks before the group starts. It is often a chance to meet 1-2 other students also. A caregiver must be present. Session length approx. 30mins. • Information gathering with family prior to the sessions • 6x 1hr group sessions • \$322 + gst 	<ul style="list-style-type: none"> • 6x 1hr group sessions • \$222 + gst
In-Person Social Skills Groups <ul style="list-style-type: none"> • 14-18 years • Young Adults 	<ul style="list-style-type: none"> • 1x 30 minute new student online session with student & caregiver. • 6x 1 hr group sessions • \$292 + gst 	<ul style="list-style-type: none"> • 6x 1hr group sessions • \$222 + gst
In-Person Low Ratio & High Support Groups <ul style="list-style-type: none"> • 5-9 years • 10-13 years 	<ul style="list-style-type: none"> • 1x new student in-person session. This is held at the group location approx. 2 weeks before the group starts. It is often a chance to meet another student also. A caregiver must be present. Session length approx. 30mins. • Information gathering with family prior to the sessions • 6x 45 minute group sessions, 3 students maximum with 2 facilitators • \$580 + gst 	<ul style="list-style-type: none"> • 6x 45 minute group sessions, 3 students maximum with 2 facilitators • \$480 + gst <p>* Returning Students are students who have already attended at least one term of a social skills programme or are (or have been in the past) on Talk Together's Speech Language Therapy caseload.</p>

Additional Supports Provided by Talk Together

Generalisation of skills out of our group sessions and into all areas of a student's life is key and is a main focus of what we do at Talk Together. Some children need more support with this than others or want to achieve this faster.

We also provide:

- **In school support.** This may be in the form of a social skills group with classmates, friends or potential friends or any other type of support required by the student. For example, attendance at an IEP to bridge learning between school and Talk Together.
- **Speech Language Therapy services** for all communication needs. A number of students who attend our group sessions also receive speech language therapy support from one of our Speech Language Therapist team members.
- **Parent and Teacher workshops-** We regularly run webinars on various topics surrounding communication and social skills. There are always run at cost or FREE. Check out our website and ensure you are on our mailing list to hear about the next workshop.
<https://www.talktogether.co.nz/workshops>

For more information and pricing please reach out info@talktogether.co.nz

Payment

A \$50 deposit is required to secure your child's space in the group.

The balance is due 1 week before the start date of the program. Payment can be made via internet banking or credit card.

Funding: there are a number of different funding streams that can be used to attend Talk Together- including carer support hours and individualised funding. Unsure if you can use your child's funding? Have a chat to us.

Payment plans: We get it! It's often really tough to pay for additional supports. Although we run our groups at cost, it is still a significant cost for many families. We offer a payment plan as follows:

- \$50 deposit at time of enrolment,
- Weekly payments for the remaining balance
Minimum payment \$20 per week.

Let us know if you want to jump onboard!



"The skills are definitely transferring - I had L come up to me the other day and say "I need to have a discussion about A, he is farting on my lunchbox and I don't like it." Last year that would have involved a lot of screaming and possibly someone getting hurt!"

Principal

Cancellations & Missed Sessions

At Talk Together we work extremely hard to run our social skills groups at cost. This is a challenge and is based on families that sign up attending the program as we keep our groups small.

For this reason we are not able to provide refunds for missed sessions or change of mind except under exceptional circumstances (and at Talk Together's discretion). The alternative would be prices rising for everyone- A road we hope to not have to venture down.

Any further questions? Please reach out!

We can't wait for you to join us!

The Talk Together Team