



WE CHANGE LIVES
THE KIDSTHERAPY CLUB

DON'T MISS OUT!

CALL OUR KTC CONCIERGE ON 0432 486 670 • CLUBS ON 1300 933 009
EMAIL INFO@KIDSTHERAPYCLUB.COM.AU





THE KIDSTHERAPY CLUB

OCCUPATIONAL THERAPY

EXERCISE PHYSIOLOGY

PSYCHOLOGY

COUNSELING

PREP READY PROGRAM

GROUP THERAPY PROGRAMS

TEEN KONNECT

HOLIDAY CAMPS

FAMILY SUPPORT

WE SUPPORT KIDS AGED 2-20

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WWW.KIDSTHERAPYCLUB.COM.AU | Call us today! 1300 933 009 | info@kidstherapyclub.com.au

43 Greenacre Drive, Parkwood QLD 4214 | 39-41 Wongawallan Dr, Yarrabilba QLD 4207

All of our fees comply with standard NDIS rates. KTC does not charge above these rates. Please note, all Medicare and NDIS rates are the same.



KTC

WE CHANGE LIVES



THE KIDS THERAPY CLUB

WELCOME TO OUR WORLD!

ONE ON ONE THERAPY & SUPPORT SERVICES

We offer one on one therapy, assessments and services with Occupational Therapists, Speech Pathologists, Psychologists, Counselors, Exercise Physiologists and a team of allied health assistants. Parent support sessions are also available.

We pride ourselves on providing families with the critical support and guidance required in the management of a loved one with special needs and disabilities, hence the reason we are a club and not a clinic. Our goal is ensuring that you and your child have a sense of belonging, whilst being guided by our multidisciplinary team to achieve the best outcome for your child and family unit.

Contact our team today to discuss your one on one therapy needs.

GROUP THERAPY PROGRAMS AND CAMPS

Explore our evidence based and acclaimed group therapy programs.

NDIS can be used for all therapy, services, assessments, group programs and camps.

KTC - we change lives!

Teen Konnect – Parkwood, Yarrabilba & Logan, every Saturday 9–4pm. NDIS approved. A full day of, ‘Real Therapy in Real Life’, for kids aged 11–18. Led by our senior therapy team.

Prep Ready Program – Parkwood and Yarrabilba. A therapist led program for kids aged 4–6 with special needs and disabilities. Designed to equip kids with the critical emotional and behavioral skills for a smooth transition to prep. Term 3, 2024 – term 1, 2025, 3 days a week, 9–3pm.

Social Bootcamp – Yarrabilba. 2 x 1hr a week after school, designed for ages 6–10 and 11–18. Kids engage in exercise Physio and gaming activities designed to improve social skills, executive functioning skills and team work.

Holiday camps run five times a year for ages 6–10 and 11–18. Parkwood and Yarrabilba. A week of fun therapy based activities, incursions and excursions, creating a memorable week for our juniors and teens.

Dietician Services – We offer expert dietician support with flexible funding options including private health, Medicare, and NDIS. Our services cover nutrition therapy, specialised equipment guidance, meal planning, caregiver support, and more.

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NDIS funding can be used for this program

All-inclusive fee: \$552.91

FULL DAY RATE



TEEN KONNECT

EVERY SATURDAY, 9 - 4 PM. AGES 11 - 18. SERVICES RUN FROM LOGAN (SLACKS CREEK) YARRABILBA OR PARKWOOD.

REAL THERAPY IN REAL LIFE

There's no better way for your child to master critical independent living skills than by putting them into 'real-life' practice at Teen Konnect. This program offers a more engaging and effective therapy environment than traditional one-on-one sessions. Where better to learn these skills than in a group of like-minded, age-appropriate peers, supported by qualified therapists. Parent support sessions are also available.

The focus of each Saturday session is:

- Social Skills
- Independent living skills
- Positive mental health

Testimonial



Teen Konnect has been and is integral in our all our lives as a family. It is literally a life saver, a life changer and a life giver.

To have somewhere to go outside of home independently is big for both Charlie and us as a Family. It is respite for us and was the only respite for a period.

For Charlie it's a how to and an opportunity for making friends, it's coping with different social situations and others while also being out in the community.

Having so many learning opportunities in real time while being in a safe space with professionals there to guide you is, I think, revolutionary in therapy.

Long live TK. We thank you.

Each Saturday commences with a session of movement and exercise physiology, with our exercise physiologists. This is followed by therapy based interactive activities with our team based on the topic of the week, which can include but is not limited to the following: personal hygiene, bullying, cyber safety, cooking, money management, future visions and goals, hobbies, peer pressure, cooking, job options and so much more.

Our groups then embark on adventure excursions into the community which include escape rooms, Currumbin, Movie World, Sea World, iFly, Treetop Challenge, iPlay, cinema, bowling, golfing, self-defence workshops, cooking and more. Meals and beverages are served throughout the day.

TK is designed to equip your child with the critical skills for a positive, capable and confident future. No child should be alone or isolated during their adolescent years. TK is their source of professional support on their journey. Friendships, connections and tremendous support are developed and found amongst our tweens and teens in the program, as they embark on a new journey into their new, supported group. Parents and caregivers, witness your tween or teen thrive as they flourish in their new social network.

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Junior Camps 6-10

\$2245.62

Senior Camps 11-18

\$2586.20



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WE ARE QUEENSLAND'S LEADING ALLIED HEALTH THERAPY SERVICE FOR KIDS WITH SPECIAL NEEDS AND DISABILITIES, AGES 6 - 10 & 11 - 18.

KIDS THERAPY CLUB'S SCHOOL HOLIDAY CAMPS!

Experience an unforgettable School Holiday. Yarrabilba and Parkwood ages 6-10 and 11-18.

We blend fun, adventure, and therapy-based activities for a memorable week. Camps run five times a year during school breaks. Our camps are memorable, enjoyable and affordable.

Led by our team of Occupational Therapists, Exercise Physiologists, Psychologists, Counselors, Speech Language Pathologists and allied health assistants, our camps focus on crucial therapy skills: social and emotional development, fine and gross motor skills, executive functioning skills and independent living skills.

Exciting excursions and incursions are part of the week, with activities like Sushi making, iFly, Paradise Country, Tree Top Challenge, circus, QPAC shows, Seaworld, escape rooms, and more. Let KTC guide your child in discovering the community, working on therapy goals, building confidence, and reaching their full potential.

NDIS can be used for this program.

School Holiday Camps & Ready Camp

Monday to Friday
Seniors 11-18: 8.30 – 3.30pm / Juniors 6-10: 9-3pm

Term 3 - Spring Camp
23rd Sept - 27th Sept 2024

Term 4 - Christmas Camp
16th Dec - 20th Dec 2024

School Readiness Camp
20th Jan - 24th Jan 2025 *Ages Prep to year 12*

Term 1 - Easter Camp
14th April - 17th April 2025 *4 Days due to Easter*

Term 2 - Winter Camp
4th July - 8th July 2025



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PREP READY PROGRAM

PREPARING KIDS WITH SPECIAL NEEDS AND DISABILITIES FOR THE TRANSITION TO PREP, 2026.

STARTS FEBRUARY 10th, 2025.

Term 1, 2025 – Term 1, 2026

2-3 Days per week, 9-3 pm Yarrabilba.

Term 1 & 2, 2025

Monday and Tuesday

Term 3 & 4, 2025

Monday, Tuesday & Wednesday

The Prep Ready Program is delivered in a classroom setting by our therapy team. Children must be aged 4-6 and entering prep the following year.

Children with special needs and disabilities are prone to struggle with the overwhelming change of the prep and a primary school environment. The expectations and stimulation of the classroom, and rigorous routine of prep can be challenging for kids with special needs and disabilities. Our program is designed to ensure that your child's transition is as smooth as possible, and that they are equipped with the critical skills for the classroom. Support your child in having a positive transition to their primary school journey with KTC.

DON'T LET YOUR CHILD MISS OUT!
Bookings close December 6th, 2024.
Bookings are required for our information morning,
November 15th, 12-2pm. PH : 1300 933 009



Children currently struggling in prep are also welcome to attend. A lot of schools have had to grasping the skills required for the classroom, as well as a better understanding of school expectations. This shared week is often recommended by schools when children are struggling.

Program Focus:

- Positive behaviour and self-regulation.
- Anxiety management.
- Appropriate classroom behaviour.
- Social skills and communication.
- Literacy and numeracy basics.
- Following instructions and directions effectively.
- Coping with change.
- Mindfulness.
- Fine motor skills and handwriting.
- Social skills and connecting with others positively.

Upon completion, your child will be prepared for their new start and commence their prep year with confidence and ease. You will also receive a written recommendation for your child's prep teacher to support your child's individual needs in 2025.

Limited spaces are currently available for our 2025 program. Children attending this program are welcome to also conduct their occupational therapy, exercise physiology and psychology 1:1 sessions at KTC during the day. This can often contribute to the betterment for the child, when all of their allied health and support team are working in unison.

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Social Bootcamp 2 X 1 hour per week after school Monday and Wednesday
\$129.32 (\$64.66 PER SESSION)

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SOCIAL BOOTCAMP

The game changer for kids and teens.

2 x 1 hr sessions per week after school Monday and Wednesday

- Ages 6-10 – 3.30 – 4.30
- Ages 11-18 – 4.30 – 5.30

This program is a 10 week term-based program.

Experience accelerated results in our evidence based Social Bootcamp program. Led by therapists, this unique program, with over 5 years of success, delivers significant benefits in a small group setting. Praised by media, parents, and schools, it stands as Australia's only program of its kind.

Get your child on track with this exceptional after-school program, where they can practice critical Occupational Therapy goals and thrive. If you are currently in one-on-one therapy or on a waitlist, Social Bootcamp would be the ideal solution for your child's therapy progress.

Program Focus:

Social Skills, Gross Motor Skills, Fine Motor Skills, Sensory Integration, and Executive Functioning Skills (Motor planning, self-regulation, working memory, self-monitoring, time management, adaptable thinking, and organization).

How It Works:

Age-appropriate therapy-based movement and verbal communication challenges, combined with carefully selected computer gaming. Each week, children must direct, communicate, and collaborate with peers.

Testimonial “

After just two weeks of sessions my son was talking and socialising more than ever with peers at school, joining in groups and participating in the classroom. His teachers couldn't believe the change!

He has gone from being isolated to mastering the skills to get involved in the world around him, and his mental health has improved dramatically.

Thank you Fiona and KTC!

Sally Green

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Standard NDIS Rate
\$193.99
Dietetics Reports Available



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DIETICIAN SERVICES

At Kids Therapy Club, we're dedicated to supporting children, their families, and the community through our expert dietitian services. We offer a range of flexible funding options, including private health funding, Medicare, and NDIS (plan and self-managed).

We offer a comprehensive range of supportive services tailored to various needs, including nutrition therapy for conditions like diabetes, obesity, and mental health, guidance on specialized equipment such as percutaneous endoscopic gastronomy (PEG), assistance with fussy eating habits, customized support for pressure injuries, expert advice on maintaining a healthy diet, practical meal planning and cooking classes, help in acquiring ready-made meals, caregiver support, and personalized food plans for neurological disorders. Cooking classes are available exclusively at our Parkwood location.

Feeding & Fussy Eating Therapy:

At Kids Therapy Club, we specialize in empowering children to overcome feeding challenges and fussy eating habits. Our expert team addresses a range of issues such as difficulty chewing and swallowing, prolonged feeding times, refusal to eat or drink, selective eating preferences, snacking habits, limited food variety, transitioning from breast to bottle feeding, medication-related weight loss, and mealtime meltdowns. Through a holistic approach involving skilled Dietitians and Occupational Therapists, we provide tailored therapy and support to improve eating habits, address sensory aversions and motor planning issues, and build positive mealtime habits. Our goal is to make mealtime enjoyable again while equipping children with the skills they need for healthy eating and nutrition.

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EXERCISE PHYSIOLOGY

EP is the game changing therapy for kids and adults with autism and ADHD. EP is delivered by our university-trained exercise physiologists, these are not personal training sessions, true exercise physiology is so much more. In just 6 months you will be witness to the radical progress that your child makes from these specialised and individually targeted therapy sessions. KTC often recommends that members commence their therapy journey with EP, prior to OT, speech and counselling therapy.

Tailored programs for optimal progress

Every child begins with a thorough assessment, paving the way for a personalized program co-created with parents and aligned with therapy goals. EP targets and enhances:

- Gross motor skills
- Fine motor skills
- Balance
- Sensory reactivity
- Self-regulation
- Muscle strength



As your child progresses physically, improvements extend to stress management, social skills, communication, sensory processing, and heightened focus.

Not just for kids : EP is also available to adults at KTC!

EP isn't exclusive to children; it extends its benefits to adults dealing with conditions like MS, CP, musculoskeletal diseases, stroke, and Parkinson's.

What sets EP apart?

EP goes beyond traditional therapies, addressing the communication barriers between the brain and body in neurodivergent children like those with ASD and ADHD. It often proves more effective than Occupational Therapy, accelerating progress in various areas.

Unleash benefits of EP for your child?

Take the first step towards a healthier, more vibrant future by completing the below enquiry form. Our dedicated team will promptly reach out to guide you through the transformative journey of Exercise Physiology at Kids Therapy Club.

Standard NDIS rate
\$166.99

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Standard NDIS rate
\$193.99



Standard Functional
Capacity Assessment
\$1,551.92



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OCCUPATIONAL THERAPY

Developing Skills for Everyday Life

Our qualified team of Occupational Therapists offer various standardized assessment services, as well as play based assessments across all areas of paediatric OT.

This includes functional capacity assessments, as well as written support for NDIS requirements.

We cater to various challenges associated with conditions such as Developmental Delay, Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder, Cerebral Palsy, Down Syndrome, Developmental Coordination Disorder/Dyspraxia, Dyslexia and more. At Kids Therapy Club, our Occupational Therapists support children to do what they want, need and have to do in their everyday lives. We do this by developing a range of target areas that are necessary to be independent and confident with everyday tasks and activities.

Some of the target areas our OTs support children and families to develop resulting in greater independence and self-esteem include:

- Fine and gross motor skills (otherwise known as physical development)
- Cognitive and learning skills
- Executive functioning skills
- Sensory integration
- Social skills
- Self-regulation skills
- Visual perception and visual-motor integration skills
- School-based skills such as handwriting
- Self-Care skills
- Healthy daily routines

Our skilled Occupational Therapists work closely with children, parents, and caregivers to define goals and tailor therapy plans. Recommendations for session frequency and duration are based on individual needs and progress, with the ultimate decision left to you.

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Counselling
\$156.16



Psychology
\$222.99

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PSYCHOLOGY & COUNSELING

Individual Support & Guidance

At Kids Therapy Club, We offer 1:1 psychology and counselling sessions to all age groups at our Yarrabilba and Parkwood club's. Our psychologists and counsellors focus on supporting children in understanding their world and what is happening around them. Naturally, this helps families understand how a child's mind ticks and how they can be supported throughout childhood and into the future. Through child psychology and counselling we address language learning, imaginary play, core memory functioning, decision-making and problem-solving.

Child psychology and counselling also address a wide range of individual needs and concerns, including grief, trauma, family dynamic issues, education, developmental delays, and support for various learning difficulties and disorders such as Autism Spectrum Disorder, Attention-Deficit Hyperactive Disorder, and more.

Our psychology team offer clinical and standardised assessments across a number of areas including:

- Beck Youth Inventories: anxiety, depression, anger, self concept and disruptive behaviour
- S&D Questionnaire (SDQ): emotional problems, conduct problems, hyperactivity, peer problems and prosocial skills
- Conners 3: ADHD, conduct disorder, oppositional defiant disorder
- Adaptive behaviour assessment system
- DASS: depression anxiety and stress scale
- WPPSI 3: Weschler preschool and primary scale of intelligence
- Autism Diagnostic Observation Schedule (ADOS): used as evidence towards an ASD diagnosis
- WISC-V: Weschler intelligence scale for children

Parents and carer support is also available at KTC. Please call the club to learn more about our parent and carer services, and fortnightly group support sessions available at parkwood and yarrabilba.

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Functional Capacity, Sensory Profile, ADOS, Conners 3, WPPSI 3 and WISC - V testing and assessments available @KTC



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This fortnightly program is free, spaces are limited, bookings are essential.

THE KIDS THERAPY CLUB

PARENT KONNECT IS OFFERED AT YARRABILBA ON A FORTNIGHTLY BASIS - EVERY SECOND THURSDAY 9:30 - 11AM WITH OUR COUNSELLORS.

PARENT KONNECT

We recognise the pressure and stress parents and carers experience managing the needs of a loved one with special needs or disabilities. You may often experience intense feelings of helplessness, shame or guilt, a belief that you are the only one who has these experiences and that there is something wrong with you or your children.

The experience of being with other parents and carers, sharing concerns and learning new and positive ways to navigate difficult emotional situations can enhance the resilience and wellbeing of your entire family, and most importantly YOU.

PK is not a classroom, nor just another parent program or course, it is specifically designed to create change, offer support amongst individuals sharing the same challenges, and a safe space to access positive solutions and relevant information based on what the group nominates as their priority. PK is SOLUTION, SUPPORT and SKILL focussed.

Research shows that support groups provide healthy and realistic parenting skills, an increased sense of empowerment, and a feeling of belonging. Discovering that you are not alone and connecting with others is critical. The benefits of parent-to-parent & carer-to-carer connections are well documented (Ireys et al. 2001; Law et al. 2002; Henderson et al. 2014; Sartore et al. 2013).

At PARENT KONNECT we will help you with the following:

- Gain coping skills
- Decreased feelings of isolation
- Improved physical and psychological health
- Acquisition of relevant knowledge and skills that YOU nominate

The Kids Therapy Club conducted Parent Konnect programs for many years prior to covid. It was a privilege to see the parents and carers benefit from the support groups, whilst also developing new friendships, improved mental health and a valued network that shared experiences and offered a sense of belonging.

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ASSESSMENT SERVICES AT KIDS THERAPY CLUB

At Kids Therapy Club, we provide various 1:1 therapy services, group therapy programs, family support, and holiday camps for kids and teens. We also handle documentation needs for health professionals, schools, and the NDIS. Please discuss your specific requirements with your therapist, branch manager, or concierge.

Available Assessments:

Functional Capacity Assessments: These evaluations combine tests, observations, and practices to determine a person's ability to function in daily life. They help identify needs for therapy, equipment, aids, and daily support, and are often required for NDIS plans.

Sensory Profile: Measures a child's sensory processing abilities and their impact on daily functioning. This assessment includes questionnaires completed by parents and teachers to assess how the child responds in different settings.



Please contact the club for various set NDIS fees for assessments, as these depend on the specific assessing and reporting you require.

ADOS (Autism Diagnostic Observation Schedule):

Used in autism assessments, ADOS evaluates communication, social skills, play, and repetitive behaviors. It involves structured activities and games to observe how a child interacts and behaves.

Conners 3: Focuses on cognitive, behavioral, and emotional issues, especially ADHD and related disorders. This assessment, suitable for children aged 6-18, includes scales for attention, impulsivity, defiance, learning problems, and social skills.

WPPSI-III (Wechsler Preschool and Primary Scale of Intelligence):

Assesses intelligence in children aged 2:6 to 7:3. It provides scores for Verbal IQ and Performance IQ across different cognitive domains.

WISC-V (Wechsler Intelligence Scale for Children):

Evaluates general thinking and reasoning skills in children aged 6-16. It provides a Full-Scale IQ score and assesses various cognitive areas, including Verbal Comprehension and Working Memory.

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