



AIM Occupational Therapy

Joondalup July Holiday Groups

New Classes!

SOUND BODY AND MIND CLASSES WITH YOGA! (AGES 6-12) WITH TIFFANY

Monday 9:00am to 10:00am

A fun-filled, unique class that incorporates traditional yoga poses and breathing techniques combined with occupational therapy goals of self regulation, calming strategies, attention, concentration and core strength ! Yoga equipment will be provided.

STRONG, BRAVE AND CONFIDENT GIRLS GROUP, (10-17 YEAR OLD GIRLS) WITH TIFFANY

Monday 2:00pm to 3:00pm

Targeting resilience, self-confidence, emotional regulation and managing stress/anxiety. Run by OT Tiffany who is eligible to provide Mental Health Occupational Therapy services.

\$85 per group session (FAHCSIA \$95). Attendance at each session ideal but not compulsory. Payment only required for sessions booked/attended

Address: 1/101 Winton Road, Joondalup

To Book call **9300 3544** or email reception@aimot.com.au

