

Level Up: Skills & Connections

Weekly Social Skills Group

What is Level Up: Skills & Connections Social Group?

Level Up: Skills & Connections is a weekly small-group program designed to support children and young people to build confidence, communication skills and meaningful peer connections in a safe, supportive environment. The program focuses on developing practical social skills that can be used at home, at school and in the community. Sessions are structured, predictable and engaging, helping participants feel comfortable while learning and practising new skills.

What skills does the program focus on?

The group supports the development of:

- Communication skills
- Turn-taking and sharing
- Emotional regulation
- Flexible thinking
- Problem-solving
- Teamwork and collaboration
- Understanding social cues
- Building and maintaining friendships
- Confidence in group and social settings

How are sessions run?

Sessions run for 1.5 hours each week and are delivered in small groups to ensure each participant receives appropriate support and guidance.

Each session includes:

- Structured group activities
- Cooperative tasks and challenges
- Guided social interaction
- Opportunities to practise skills in real time
- Supportive feedback from facilitators

Digital platforms or games (such as Minecraft) may be used as an engagement tool to support teamwork, communication and peer interaction.

Gaming is not the focus of the program and is not the funded activity – it is simply one of the tools used to support learning and participation.

Who is the program suitable for?

Level Up: Skills & Connections is suitable for children and young people who:

- Find social interactions challenging
- Struggle with friendships or group settings
- Experience anxiety in social situations
- Benefit from structured, supportive environments
- Enjoy interactive or play-based learning
- Need support developing confidence and communication skills

Group options

We currently offer age-based groups to ensure sessions are developmentally appropriate:

Ages 7–12 years

Ages 14+ years

Groups are kept small to promote connection, comfort and positive engagement.

Who facilitates the program?

The program is facilitated by qualified therapists and trained mentors with experience supporting neurodivergent children and young people.

Our approach is:

Strengths-based

Trauma-informed

Neurodiversity-affirming

Person-centred

We focus on helping participants feel safe, understood and supported while they build skills at their own pace.

NDIS information

Level Up: Skills & Connections is a therapeutic social skills program focused on communication, emotional regulation and peer interaction.

Digital games may be used as an engagement tool to support participation; however, gaming is not the primary purpose or funded activity. Funding is available for NDIS plan managed and self managed participants.

Please contact us if you would like any further information:

www.horizontherapyclinic.com.au