







## 4 WAYS OF SELF-CARE

Physical	Emotional	Social	Spiritual
<ul style="list-style-type: none"> <li>• Moving naturally in daily life</li> <li>• Walking</li> <li>• Stretching</li> <li>• Swimming</li> <li>• Cold showers</li> <li>• Yoga</li> <li>• Sleeping Well</li> <li>• Eating well</li> <li>• Sex</li> </ul> 	<ul style="list-style-type: none"> <li>• Acknowledging achievements</li> <li>• Positive self-compassion</li> <li>• Intimacy with loved ones</li> <li>• Gratitude</li> <li>• Journalling</li> </ul> 	<ul style="list-style-type: none"> <li>• Communicating your feelings &amp; needs</li> <li>• Creating support systems</li> <li>• Having boundaries</li> <li>• Singing/Dancing</li> <li>• Laughing</li> <li>• Contact with people &amp; environment</li> </ul> 	<ul style="list-style-type: none"> <li>• Meditating</li> <li>• Living mindfully</li> <li>• Journalling</li> <li>• Prayer</li> <li>• Belonging to a 'faith-based organisation'</li> <li>• Reading</li> <li>• Knowing your 'WHY'</li> </ul> 

## SOCIAL TRAIN

### What is Social Train?

Social Communication Groups for children and young adults led by 2 Speech and Language Therapists, Estelle and Lisa.

### Who will benefit?

Individuals with ASD, Social Pragmatic Communication Disorder, Social Anxiety, and Developmental Language Disorder

### What is included?

1-to-1 initial consultation with parents, 7 weekly group sessions, and short report on performance

Book your free information session [here](#)

We're looking for:

- Occupational Therapist
- EMDR Practitioner
- ABA Therapist

Perks include:

- Guaranteed steady flow of clients
- The flexibility of private practice blended with the warmth of a collegial team
- In-house discount on our wellbeing services
- Access to an interdisciplinary team approach for your clients
- Support and consultation with peers

Get in touch with us