

“Managing ME (Mindset & Emotions) to Manage THEM (The Kids)”

CONDITIONS, COSTS & BOOKINGS

Onboarding

- An individual or couple 40 minute ‘onboarding’, consultation (online) **is required** to confirm group enrolment and is part of the group fee. When your enquiry has been received we will be in touch by email or phone to arrange your online consultation

Attendance

- Attendance at each of the (6) sessions is required for maximum benefit. In you are unable to attend a session, a ‘make-up’ at the alternative group (ie. Wednesday or Saturday) may be possible. Alternatively, a 50 minute online consultation (\$150) with the facilitator will be available, for which a rebate may apply.
- If unable to attend a group, 24 hours’ prior notice is required & no refund applies.

Conditions

- The group program’s content, aims and format is **not** designed to be therapy aimed at resolving a couple’s general relationship conflicts, intimacy challenges or other issues. A safe environment for discussion, openness to learning and the reviewing of parenting behaviours is the aim.
- If a couple is experiencing conflict due to differing parenting beliefs and styles, we advise making an appointment through www.bestprograms4kids.com where the most helpful approach will be assessed with recommendations. This will be a face-to-face or online 30 or 60 minute consultation (\$100/ \$190) for which a rebate may apply.

Cost

Payment of \$550 is required on confirmed enrolment and includes:

- Onboarding: a 20 minute online, individual/couple consultation with the facilitator prior to group commencement.
- Group sessions: 6 x 1.5 hour weekly sessions.
- Books: Kids’ Guide and Parents’ Guide - *‘What to do About Feelings, moods & all that stuff.’*

Receipts

- An itemized receipt will be issued weekly for the purpose of claiming a rebate - on request. Alternatively, it will be on the last session. Queries regarding invoicing/receipts to www.bestprograms4kids.com please – NOT Gymworks.

Rebates

- **NDIS:** If you are self-managing an NDIS Plan, parent assistance/therapy is usually included, but please check. If the plan is being managed for you, please also confirm funding.
- **Medicare Mental Health Care Plan:** This referral type is made by a GP for the person who will be attending the group - in the context of their personal mental health needs – and in this case, would need to be assessed as in some way related to the impact of parenting stressors. You require a longer GP appointment for a MHCP assessment and should indicate that when booking. The applicable group rebate per 1.5 hr group session under a MHCP is \$29.40 (x 6 = total \$176.40).
- **Private Health Fund:** Please enquire with your health fund regarding group therapy rebates as there is considerable variance according to the fund and your level of cover. The Item Number for a group session is H300.