



Growth Psychology Practice
Helping people make meaningful change

129 Mckillop Street, Geelong
www.growthpsychologypractice.com.au

S . H . A . D . E . S - Y

Self Help Anxiety & Depression Education Sessions

Growth Psychology Practice is excited to again be offering SHADES-Y to young people in our community. SHADES-Y is a proven and successful 7 week group program that is suitable for young people aged between 14 and 17 years, who are experiencing and struggling with anxiety and depression.

Sessions will run for 90 minutes each week with 2 experienced facilitators and 6 to 10 participants. The first group will be held week commencing 3rd October 2023.

Expressions of interest close 18th September 2023 for the October intake. Please contact our office to register your interest or for more information.



info@growthpsychologypractice.com.au



(03) 5242 8637



S.H.A.D.E.S-Y 2024 DATES

Term 1
Week commencing 12th February 2024
Term 2
Week commencing 15th April 2024
Term 3
Week commencing 15th July 2024
Term 4
Week commencing 7th October 2024

Please note: Groups will commence at the start of each term. Expressions of interest for each group closes 3 weeks prior to group commencement date.

FEES

Cost per Session (90 minutes)	\$115.00
Medicare Rebate	\$47.15
Cost After Medicare Rebate	\$67.85

**Total out-of-pocket cost for 7 weeks after rebate \$474.95*

- Each young person will need to meet with our Psychologist to assess their suitability to the group. There is no cost for this initial assessment.
- A non-refundable deposit is required to secure a place in the group
- A 10% discount is available for upfront payment (save \$80.50)
- Please speak to our friendly admin team for further information