



# Mood & Mind

## *Mentoring*

### 2026



# Learning Goals.

## Emotional Regulation

Understanding our reactions, choices and outcomes are the backbone of the Mood & Mind Mentoring Group.

We focus on using real life examples from your teen's daily experience to help them learn different skills to help with various situations.

## Friendships

To our young teens, friendships and social connections really are everything. The Mood & Mind Mentoring Group takes a deeper dive into understanding the nuance of friendships & navigating conflict with DBT skills.

We use journaling, role playing and discussion empower your child to identify, initiate and nurture safe connections.

## Self-Advocacy

Self-Advocacy is learning about personal boundaries, others boundaries, safe people to talk to and what to do if something isn't right.

The format of the group honours participants to unmask, and meet them where they are.





Identifying  
Personal  
Accommodation  
Needs



Boundaries  
&  
Self Advocacy



# What does the program cover?



The group has a central focus around friendships, emotional regulation and self care.

We focus on participants everyday experience's to help them understand the apply the tools in a way that makes better sense to them.

The group is created for 11-15 year old girls.



Friendships &  
Social  
Connections



Emotional  
Regulation &  
DBT Skills

# Emotional regulation.

Throughout the group, we look at how our (and others) emotions, reactions and impulses can take over in different scenarios. We take various skills including the Grey Rock Method, Mel Robbins "Let Them" as well as proven DBT skills to show your teen more effective ways to cope with triggering events in everyday life.

For neurodiverse teenagers, some situations can feel very overwhelming. Misunderstandings, for example – can cause a cascade of reactions that can really affect our teens daily life.

## Understanding "Knee-Jerk" Behaviours

Steps to deal with & have a better outcome.

S

STOP & FREEZE



T

TAKE A STEP BACK



O

OBS

Learn to recognise and label emotions more accurately.

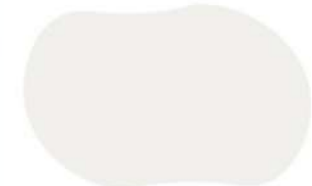
P

PRO

Watch the role-play and choose what emotion the participants are conveying:

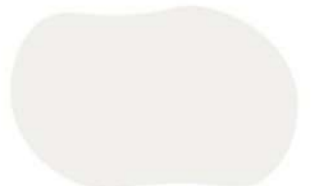
scenario one

scenario two



scenario three

scenario four





# Friendships.

Navigating social connections is a layered and often difficult challenge for many neurodiverse teens.

It may even be confusing to know what a real friendship looks like or how to know if someone is being a good friend for your teen.

The group covers these topics, the challenges that arise and how to navigate them the best we can.



# Self-Advocacy.

Knowing what self-advocacy looks like for each individual is key in overcoming day-to-day challenges for neurodiverse teens.

This also includes knowing who their safe people are to talk to and ask when extra support is needed.

Using relatable and visual creative techniques, we cover concepts like boundaries and self care throughout the group.





# The Vision..

The overall concept for Mood & Mind Mentoring is to offer a safe space for young neurodiverse teen girls to find support with a group of peers – just like them.

The workshop will encourage empowerment through knowledge, and incorporating your teens unique experiences. Through this connection your teen will feel safe to share and participate in a meaningful way.





“To be yourself in a world  
that is constantly trying to  
make you something else,  
is the greatest  
accomplishment”

Ralph Waldo Emerson







NEXT START DATE: FEB 2026

# Mood & Mind Mentoring

Reconnect. Reflect. Rise.

Join us for an empowering 6-week group designed to support neurodivergent teen girls in building confidence, emotional resilience, and meaningful social connections – all in a fun, inclusive, and safe space.



- **When:** Wednesdays, 4:15–5:15pm
- **Where:** Nerang Bicentennial Hall
- **Duration:** 6 weeks
- **Cost:** TBC for an 6-week program (1 hour per week).

**Join The Waitlist:**

[info@neurodiversenetwork.com.au](mailto:info@neurodiversenetwork.com.au)