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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.



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.

Boundaries & Self Advocacy

Identifying Personal Accommodation Needs

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
T
O
P

STOP & FREEZE



TAKE A STEP BACK



OBS

PRO

Understanding Emotions

Learn to recognise and label emotions more accurately.

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

scenario one

scenario three

scenario two

scenario four

nr.
BY AMELIA READ

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.

tricky friendships toolbox
ideas for facing challenging situations

1. Let them (me) be
Break free from the burden of being the helper or manage others. Let them be who they are and Let me focus on myself.

2. Grey rock me
Unwanted attention or unwanted behavior. Be as boring as a grey rock.

3. Facts Vs Feelings
Is your friend having a bad day? Is your friend very kind to you? Are you Happy, Sad, Lonely, Tired? Or is a friend just being a friend?

Making Friends
A STEP-BY-STEP GUIDE

SOCIAL CUES AND COMMUNICATION:
Smile or calm look on the face, Sitting and quietly listening. Talking about a topic, sharing something (like a snack or stickers etc). Asking how they are, Body facing towards the person (mirroring them). Telling your friend if eye contact is sometimes hard but you are really listening.

CONVERSATION SKILLS:
Asking questions and answering questions. Learning to listen, ask follow-up questions, and show genuine interest in others. Tell your new friend how you like to connect best (e/ text or in person).

FINDING COMMON GROUND:
Shared interests, hobbies and activities. This provides a natural starting point for conversations and connections.

DON'T FORCE IT
Not every interaction will lead to a friendship, and that's okay. You want to save your energy for the BEST people only! Focus on building connections with people who share similar interests and who make you feel comfortable.

BE PREPARED FOR CHALLENGES
Friendships can be complicated, and there will likely be times when things don't go as planned. Remember you can do hard things, and speak to your trusted adult when things feel hard. It is all learning - Remember The Jelly Beans In The Jar!

FRIENDSHIP GARDEN
A "Friendship garden" stays alive and beautiful when both people take the time to water it by putting in thoughtful effort towards each other.



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