

Sensory Group

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About the program

Sensory Group is a skill-building program based on neurological research.

Over eight sessions in a group setting, consumers will receive education and take part in hands-on activities that will assist them to utilise meaningful and effective coping strategies when they are most needed.

The group will focus on self-awareness and self-acceptance before moving on to self-regulation and self-care, and ultimately self-healing.

Contact us

The Sensory Group is held at:

- Ipswich Health Plaza
21 Bell Street
Ipswich
- Gailes Community Care Unit
6 Baker Street
Gailes

Ask your treating team about getting a referral, and for group days and times.

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