

Flip It!

10-WEEK

POSITIVE SCHOOL ENGAGEMENT PROGRAM

Re-engage. Reconnect. Rediscover You. 

A holistic approach involving parents, students and teachers to build confidence, resilience and a brighter future.

WHY THIS PROGRAM?



Engaging parents and students in their journey



Promote positive connections with school



Collaborative approach with parents, students and teachers



Build coping skills, resilience and confidence



PROGRAM OVERVIEW

- This is a 10-week school-based program.
- Small groups of up to 6 students.
- Focus on self-understanding, coping skills, resilience and increasing school attendance.
- A collaborative approach with parents, students and teachers.



TIME COMMITMENT

- Initial intake and home-visits will allow for 2.5-hours per week for the first 3-weeks.
- Group program is 1-hour per week, followed by parent and teacher check-in where necessary.
- Additional home visits will be offered for students who are unable to attend the program to support engagement with school.



PROGRAM STRUCTURE

WEEKS 1 - 3

Meet school staff, students and parents. Individual interviews and home-visits with students and parents. Set goals around school engagement and begin building connections.

WEEKS 4 - 8

Weekly 1-hour small group sessions. Build understanding, coping strategies and confidence to manage challenges and strengthen re-engagement with school.

WEEKS 9 - 10

Individual student and parent check-ins, feedback provided to the school to promote engagement, and external referrals made where necessary. Focus on maintaining progress and positively promoting school attendance.

GROUP ACTIVITIES

- Understand and regulate emotions
- Explore life's challenges and solutions
- Learn practical coping strategies and self-care
- Mood Mover Box for managing tough days
- Build social skills and healthy habits
- Use journaling and mindfulness activities
- Strengthen connections with school and support networks
- Individual check-ins and feedback
- Referrals to external services where needed



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*Together we can
Flip it for the better!*

COST
\$3,750

for the 10-week program, including all materials used during the course.