

the **MAT** program
a therapeutic martial arts program



**6 WEEKS
LIFE SKILLS**

**IN
SURREY
HILLS!**

TRANSITION PROGRAM

FOR GRADE 6 STUDENTS

TRANSITIONING INTO HIGH SCHOOL

This **6-week** (*1 session per week*) program uses **therapeutic martial art exercises and games** to engage young people and provide strategies on **resilience, emotional regulation and respectful relationships** in particular related to the **transition from primary to high school!** * *Registrations close on Friday 6th of October.*

WHEN: 6 X WEDNESDAYS **COST:** \$ 120 FOR 6 WEEKS
FROM 11 OF OCTOBER TO 15 OF NOVEMBER

TIME: 4:30 PM TO 5:20 PM

PARTICIPANTS: MINIMUM 8, MAXIMUM 16 (SECURE YOUR SPOT!)

For more information visit - www.tessainc.org.au/aboutmat
To secure your place email - castellanos.r@tessainc.org.au