



Our School is working in partnership with Grow Wellbeing, a provider of NDIS and Medicare services. They will be providing a range of best practice mental health and wellbeing services for our students while in our school setting. The Grow Wellbeing services are provided in addition to the school wellbeing program, to help improve health and educational outcomes for our students and their families.

Grow Wellbeing services include:

- Psychology and Assessments
- Occupational Therapy and Assessments
- Speech Therapy and Assessments
- Therapy Assistants / SSO
- Behavioural Management Plans

Grow Wellbeing are supporting students with a broad range of emotional and functional needs including but not limited to:

- Develop fine and gross motor skills
- Improve communication and social skills
- Friendship skills
- Increase capacity to regulate emotions
- Increase capacity to cope with change
- Improve concentration / memory
- Anxiety
- Improve sleep difficulties

The Grow Wellbeing in-school services are provided at no charge for families with NDIS funding or seeking support under the Medicare Better Access Initiative.

Florence Poni is Grow Wellbeing's in-school Mental Health Professional who will attend the school to provide wellbeing support for our students in need and will work closely with their families and key school staff.

We encourage families to contact the school to register your interest in these services or to discuss in more detail how Grow Wellbeing services may help.

You are also welcome to contact Grow Wellbeing directly. Please use the following link to complete an online consent / referral form for one of our health professionals to assist you.
<https://www.growwellbeing.com/referrals>

**Registration for the Grow Wellbeing Holiday Programs will open soon.
These programs are designed for students between the ages of 6yrs – 10yrs
and 11yrs – 15yrs**

<https://www.growwellbeing.com>

Florence Poni

Accredited Mental Health Professional



I come from an African CALD background and have worked in a rural setting in Victoria as a Social Worker / Mental Health Professional. I had the opportunity to provide counselling to children from all backgrounds. This experience has enabled me to gain a deeper understanding of the range of issues school aged children are dealing with. There were concerns such as bullying, low self-esteem; mental Health related issues; adjustment issues; AOD issues; ADHD issues; inability to regulate own emotions and behavioural issues.

I have a combined degree in Arts/Social Work from Australian Catholic University- Strathfield Campus, (2015) with a major in Theology and became an Accredited Mental Health Social Worker with the Australian Association of Social Workers in (2021).

I am passionate about advocating for children and their families. I believe in early intervention through nurturing their strengths and supporting children through their struggles. I work from a strength based; family systems; solution focused and person-centred approach. I also incorporate narrative therapy to clients from CALD or Aboriginal/Torres Straits Islanders and use motivational interviewing when appropriate.

Each child is unique and individual. I provide therapy based on the child's desired language. This can be through music, drawing, sports, or painting depending on what helps them to flourish the most and feel comfortable talking with me about their thoughts.

I strongly feel that the earlier we can intervene in some of the psychological issues that children undergo, the better their future. I'm honoured to work with children in a school setting, their families, and the community in which they live in. I enjoy seeing children ponder, create and explore during therapy. Children can be creative, inventive, and explorative, we just need to create a safe and comfortable environment for them to be who they truly are. I hope to create that environment where healing can take place; where children feel safe; heard and are valued as individuals rather than a collective.