



Bounce Back Junior

The Bounce Back Junior programme offers children aged 7-11 years old emotional and behavioural guidance for children who have significant difficulties, which are impacting on their functioning at home and/or in their school setting. The programme is offered twice per week in four hour group sessions over a four week period. The goals of our programme are to develop and encourage positive behaviours and improve upon social skills whilst reducing disruptive behaviour. The program covers the following skills:



- Conversational Skills
- Personal Space
- Friendship Skills
- Listening Skills
- Sharing
- Turn Taking
- Personal Responsibility
- Following Routines
- Identifying Emotions
- Self-Esteem and Self-Confidence

The "Bounce Back" team includes Counsellors, Nurses, an Occupational Therapist, Speech and Language Pathologist, Health Promotion Worker and a Child Psychiatrist. Together they create a therapeutic milieu characterised by consistency and sensitivity to individual's needs and differences.

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