



Bounce Back Adolescent Day Programme

Bounce Back is a day programme that provides mental health treatment and study support to 12 – 18 year old adolescents, whom are experiencing emotional, psychological, and/or behavioural problems; that are having a significant impact on their daily functioning and school attendance.



- Healthcare Clinic
- Expressive Art
- Psychotherapy Group
- Relaxation
- Health Promotion
- Interactive Games
- Science is Fun
- Debate Group

The Bounce Back team includes Child and Adolescent Psychiatrist, Counselors, Occupational Therapist, Health Promotion Worker and a Registered Nurse. Together they create a therapeutic environment characterized by consistency and sensitivity to each individual's needs and differences.

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