

THERAPY GROUPS

Evidence-informed therapy groups for all ages, delivered in a neurodiversity-affirming, safe and welcoming environment.

Various therapy groups for
ALL AGES

Delivered at our centres and other venues across Queensland, and online.

Our therapy groups are tailored to participant goals and interests.

Our groups are delivered by a range of professionals including therapists, educators, and neurodivergent mentors. They are designed to meet participant needs and goals, and are offered on a term-by-term basis, and during holiday periods.

All groups are participant-led, fun and engaging, with therapy embedded to address functional skills for successful participation in all areas of life. When scheduling these groups we consider participant interests and where possible incorporate this within the setting to further increase engagement and outcomes (e.g. LEGO®, tabletop and role-playing games, technology, movies, art, cooking, music etc.).

Our team are equipped with specialised training in popular worldwide therapy programs, including Secret Agent Society® (SAS), SOS Approach to Feeding, KONTAKT®, PEERS®, and others.

Approximately
354,000
Australians are autistic.

An estimated
1 in 7
identify as neurodivergent.*

**Identify as autistic, ADHD, have mental health conditions, acquired disability, specific learning differences or trauma.*

AQ therapy groups provide a structured, evidence-informed and engaging framework, facilitating the development of essential life skills and enhancing social participation, while also involving families for comprehensive support where necessary and requested. This results in meaningful, lasting improvements in participants' daily lives.

TURN OVER

Learn more about
AQ groups >>

Please note: Waitlists may apply. There is a cost for this service. NDIS funding may be used, where applicable. Therapy group delivery varies across centres. Not all groups are available in online format. Please contact us for further information.

(07) 3273 0000 / css@autismqld.com.au / autismqld.com.au

Enquire





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Various therapy groups for
ALL AGES

Small group structures foster inclusion and promote positive participation and interaction.

Therapy Groups for Adults (18+)

These groups provide participating neurodivergent adults the chance to connect, share interests, discuss common experiences and access evidence-informed professional support and expertise in a neurodiversity-affirming environment.

Therapeutic focus areas may include: making friends, maintaining relationships, exploration of dating, behaviour, communication, self expression, daily living activities (e.g. public transport, cooking, shopping), social participation and more.

Therapy Groups for School-aged Children and Adolescents (17 years and under)

Navigating school, friends and family, first jobs, and other challenges of adolescence can be especially overwhelming for neurodivergent people. AQ therapy groups provide a welcoming and professionally facilitated and supportive space to form friendships, explore their interests and develop essential daily living skills.

Therapeutic focus areas may include: making friends, behaviour, anxiety, communication, self expression, daily living activities (e.g. catching public transport, cooking, shopping), social participation and more.

Therapy Groups for Young Children (up to 7 years)

Young children are faced with a lot of changes and new experiences in the early years... it is a crucial time for life skill development. AQ therapy groups are supportive and structured, and guide children in the groups to develop skills, engage in social interactions, and explore their interests.

Therapeutic focus areas may include: transitions into mainstream Prep and Year 1, making friends, behaviour and communication, mealtime anxiety, handwriting, developing motor skills and more.

AQ's client service team and therapists will provide valuable guidance and supports before, during and after service delivery. Contact us today for more information or to express your interest in an AQ therapy group.

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