**National Disability Insurance Scheme (NDIS)**

The Get GRIT Program supports the following category by providing social and emotional skills training to increase independence and community participation.

**About the Get GRIT Program**

Get GRIT empowers kids with the knowledge and skills to maintain a healthy mind and positive well-being.  The program teaches children to; develop a growth mindset, enjoy healthy and positive relationships, manage their emotions, be resilient, persistent, tackle life's challenges with grit and to reach their true potential.  Delivered in small group of **6 students**, over five sessions (2 hour sessions) by an experienced teacher, the Get GRIT program explicitly teaches these skills through games, songs, stories and hands-on activities. Get GRIT is also offered on a one-to-one basis, following a whole family approach.

**Capacity Building Supports.**

**Improved Daily Living Skills**

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| --- | --- | --- | --- |
| Support Item | Support Item Ref No. | Description | Price Limit/per hour |
| Counselling Group – Group of 3 | 15\_042\_0128\_1\_3 | Facilitating self-knowledge, emotional acceptance and growth and the optimal development of personal resources through a group session. Assisting participants to gain their personal goals and gain greater insight into their lives. Group of 3. | $50.98 Based on group of 3.$25.49 per hour. Group of 6. |
| Individual Counselling  | 15\_043\_0128\_1\_3 | Facilitating self-knowledge, emotional acceptance and growth and the optimal development of personal resources on a one-to-one basis. Assist participants to work towards their personal goals and gain greater insight into their lives. | $152.95 per hour |