



Helping young people thrive through positive communication

What is "Communication on the Inside & Out"?

This 8-week program teaches young people the art of effective communication—covering verbal and non-verbal cues, body language, facial expressions, tone, and positive self-talk. With the support of a certified therapy dog and experienced mentor, participants build confidence, learn to manage emotions, and develop essential social skills.

Looking to support young people with ADHD, ASD, ODD, anxiety, or anyone needing a boost in positive communication?

This program is designed to make a meaningful impact on every participant.

Activity Highlights

- Understanding and expressing emotions
- Building empathy and recognising similarities
- Developing positive self-talk and inner voice
- Celebrating achievements and overcoming challenges
- Reading and using body language in ourselves and others
- Navigating change and transitions with confidence

Program Options to Suit Your Needs

- Flexible for schools and libraries
- Smaller or shorter sessions to suit neurodiverse needs
- Perfect for neurodiverse students, those with anxiety, and anyone who would benefit from extra support in communication.



Benefits

- Builds confidence in communication and emotional well-being
- Encourages empathy and understanding of self and others
- Supports social skills and positive peer relationships
- Provides a safe, inclusive, and enjoyable space

Why Choose Dog-Assisted Learning?

- Lower stress and create a calm learning environment
- Encourage engagement and participation
- Build trust and confidence through positive interactions
- Support emotional regulation and resilience

Important Details

- Maximum of 10 participants per group for focused support
- All sessions are inclusive, evidence-based, and tailored to individual needs
- Participants reflect on progress and celebrate their achievements

What People Are Saying

"Students have been more comfortable in discussing friendship and communication experiences with each other. They are far more accepting of each other now than at the start of the program."

— Lalor Secondary College