



Building Resilience for Life's Changes

What is "Embrace the Change"?

This 8-week program helps young people build resilience and adapt positively to change—whether it's moving schools, facing new challenges, or navigating life's ups and downs. With the guidance of a certified therapy dog and experienced mentor, participants develop emotional awareness, coping skills, and confidence to handle transitions.

Looking to support students who are anxious, neurodiverse, or needing extra help managing change?

This program is designed to make a meaningful difference for every participant.

Activity Highlights

- Understanding and managing emotions
- Building resilience and coping with change
- Practising positive self-talk and mindset
- Problem-solving and celebrating achievements
- Navigating new environments and transitions
- Developing supportive peer connections

Program Options to Suit Your Needs

Open to all students selected by the school, especially those who are neurodiverse, experience anxiety, are part of minority groups, or need extra help with coping with changes in their lives.



Benefits

- Builds resilience and confidence in managing change
- Supports emotional well-being and self-awareness
- Encourages positive relationships and peer support
- Provides a safe, inclusive, and enjoyable space

Why Choose Dog-Assisted Learning?

- Create a calm, supportive environment for navigating change
- Encourage engagement and participation in new experiences
- Build trust and confidence through positive interactions
- Support emotional regulation and coping skills

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

"We were so lucky to have the team at Canine Comprehension come weekly to our school and help the children embrace changes in their life and use the zones of regulation with the support of the therapy dog. WE LOVED IT!"
— School Feedback

www.CanineComprehension.com.au