

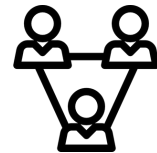
Quest Buddies

Social Skills for Young Teens
For 12 - 15 Year Olds



OASIS PLACE

3.30pm to 4.30pm



Social
Thinking



DATES

5th Sept- 7th Nov 2020
Saturday (weekly)

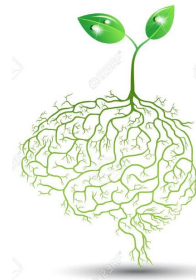


Executive
Functioning



FEES

Total fee is RM 2800 paid upfront



Growth
Mindset

APPLY NOW

APPLICATION ENDS

1st Sept 2020



Register now at
[http://tiny.cc/OP_Quest
BuddiesNoon2020](http://tiny.cc/OP_QuestBuddiesNoon2020)

What Quest Buddies aims to do?

Learning to be sociable is an ongoing process. This programme aims to teach your child basic building blocks to be “we thinkers” instead of “me thinkers” in a fun and interactive way. It aims to challenge them to be “cognitively flexible” so they are able to “share space” with others, and “follow the group plan.” We aim to do this by teaching them to be “social detectives” so that they can use their power of observation to notice others, take in social clues and change their own behaviours.

Additionally, we will be working on executive functioning skills through different life skills activities. Executive function skills help us with things like planning, managing our time, saying or doing the right things and remembering things. It is not just about knowing how to do something but being able to carry out the task with all the other factors in play.

Lastly, as young teens going through puberty, having a positive self-concept leads to healthy development. We will work towards promoting a growth mindset in our teens and aim to build their self-esteem. We teach these objectives through age-appropriate leisure activities.

The group programme will be conducted on a term basis. This term will consist of ten 1.0-hour sessions with frequent reinforcement and reviews of introduced concepts, in order to provide your child with multiple opportunities to put theory into practice. The group will be facilitated by qualified and trained therapists and therapy assistants.

Month (2020)	Dates	Session No.
September	5th	1
	12th	2
	19th	3
	26th	4
October	3rd	5
	10th	6
	17th	7
	24th	8
	31st	9
November	7th	10
	21st	Replacement Session

Important details:

- Dates are subjected to change, but prior notice will be given.
- There will be only one replacement class at the end of the term if you missed any of the ten sessions above.
- Prior notice of absence must be given at least 24 hours in advance.

OASIS PLACE SDN BHD

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Multidisciplinary Invention Centre

