



Time 2 Train Aspergers Program Australia | Lupe Program time2train@live.com.au www.time2trainaspergers.com

8- or 12-week Time 2 Train training programs include:

- 1:1 Training sessions to be conducted by certified, registered specialist, therapist, trainer, practitioner, support worker.
- Training sessions to be facilitated in a safe, secure home environment, outdoors (weather permitting) and or other facility or location.
- 1-hour session, once per week, 45minutes minimum.
- Programs are structured, tailored to meet the appropriate needs, suitable goals of the registered participant and family. This may include improving exercise, activity, social development, confidence etc.
- Regular program assessments, observation reports to be facilitated, monitoring developmental progress, targeting areas for ongoing support.
- Training "online exercise links" to compliment healthy exercise, home activity routine.
- Parent-child, teen focused approach & further support for families with behaviors of concern, high distress impacting family dynamic, relationships, overall functioning ability.

We look forward to working with you and your family!