



Healthy Connections
INSTITUTE

HCI School Programs

PRIMARY AND
SECONDARY SCHOOLS



HCI Regulate

Skills before the crisis



Psychologist developed six week targeted small group program helping students understand strong emotions, recognise early warning signs and practise safer and healthier ways to respond.

One consistent group of up to 12 students. Sessions are practical, culturally responsive and developed through a psychological lens. Activities can be adapted for age, learning needs and the school's context.

Designed for students who may experience:

- emotional overwhelm or difficulty calming down
- conflict, impulsive reactions, or behavioral concerns
- anxiety symptoms, withdrawal or school disengagement
- difficulty explaining what is happening for them

In 6 sessions, students learn:

1. Notice emotions and body signals
2. Understand triggers and patterns
3. Practise calming and grounding skills
4. Connect thoughts, feelings and actions
5. Respond more safely during conflict
6. Build a personal regulation and support plan

The school receives

Initial planning with wellbeing staff, student materials, brief engagement and outcome evaluation, and an end-of-program summary with recommended next steps

HCI Creative Connections

Another way when words are hard

An art therapist led, eight-week therapeutic art program supporting emotional expression, engagement, identity and connection for students who may not respond easily to traditional talk-based support.

Students use embodied and expressive art-making to explore emotions, experiences, relationships and what matters to them. The focus is not artistic ability. Art becomes a safer way to communicate, reflect and build connection.

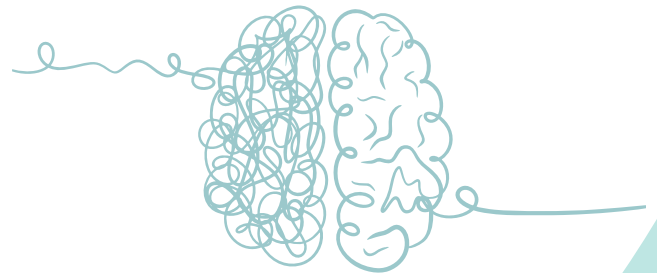
Designed for students who may experience:

- anxiety, distress or emotional withdrawal
- school disengagement or frequent absence
- bullying, peer difficulties or behavioural concerns
- difficult family or social circumstances
- cultural or language barriers to accessing support



How it works

The program runs with with the school's choice of either three individual or three small-group therapeutic sessions each day. Student allocation is planned with the school's wellbeing team and can reflect different levels of need.



The school receives

Initial planning, art materials, shared wellbeing goals, school liaison, brief engagement and outcome evaluation, and an end-of-program summary.

HCI Growing Up



Health information without cultural dismissal

Psychologist delivered, age-appropriate, culturally responsive learning about bodies, puberty and sexual health, delivered in a way that respects family values, faith, culture and children's right to accurate information.

How it works

The program runs with the school's choice of either three individual or three small-group therapeutic sessions each day. Student allocation is planned with the school's wellbeing team and can reflect different levels of need.

The school receives

Flexible delivery available as a single workshop or three-part series for one classroom, a combined year level or a larger school cohort. Content is adjusted for primary or secondary students and the school's local context.

Recommended 3 part series:

01 – Bodies change

- Understanding puberty, development and the range of normal experiences.

02 – Care, privacy and safety

- Building practical knowledge about hygiene, boundaries, privacy and support.

03 – Questions, values and trusted help

- Correcting myths and helping students identify reliable information and safe adults.

Available as a single workshop or three part series for one classroom, combined year level or larger cohort

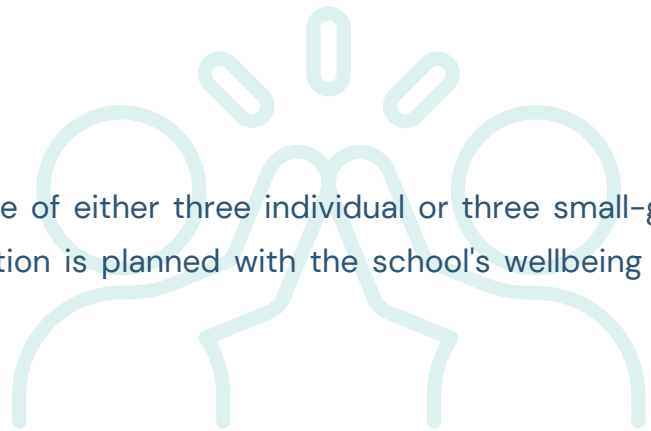
HCI Respect & Relate

Teach relationship skills before students need them most

Psychologist delivered, age-appropriate, culturally responsive learning that helps students recognise respect, understand boundaries and respond more safely to pressure, conflict and harmful behaviour.

How it works

The program runs with the school's choice of either three individual or three small-group therapeutic sessions each day. Student allocation is planned with the school's wellbeing team and can reflect different levels of need.



The school receives

Flexible delivery available as a single workshop or three-part series for one classroom, a combined year level or a larger school cohort. Content is adjusted for primary or secondary students and the school's local context.

Recommended 3 part series:

01 – Respect and boundaries

- Recognising comfort, discomfort, personal limits and mutual respect.

02 – Consent and pressure

- Understanding choice, coercion, digital situations and how to respond.

03 – Conflict and safer action

- Practising communication, accountability, help-seeking and support for others.

Available as a single
workshop or three
part series for one
classroom, combined
year level or larger
cohort

HCI Support Seminars

Support adults with the words to respond, confidently.

Student education works best when parents, carers and school staff understand the message, know their role and can continue the conversation safely.

Parent & Carer Seminars

Practical, culturally and faith-responsive sessions that help families talk about bodies, puberty, sexual health, pornography exposure, consent, relationships and personal safety without panic, shame or silence. (Two-hour seminar plus up to 30 minutes of questions and answers).

Staff Professional Learning

Focused learning for teachers, wellbeing teams and school leaders on responding to sensitive questions, recognising concerns, communicating with families and supporting culturally responsive relationships and sexual-health education (Up to 90 minutes, tailored to the school's role and context).

Options may include:

- clear language and practical scripts
- common concerns, myths and points of resistance
- culturally responsive and faith-aware communication
- when to support, consult, refer or escalate
- alignment with the student program being delivered

Need something tailored?

Book one complimentary 30-minute consultation with the principal and/or wellbeing lead to assess what the school is facing, who needs support, and the right program and delivery format.



HCI Program Price List

Clear options. Flexible delivery. Tailored to your school community.

Targeted Wellbeing Programs

Program/Option	Delivery	Price
HCI Regulate	6-week targeted small-group program One consistent group • Up to 10 students	\$7,900 + GST
HCI Creative Connections	8-week therapeutic art program One school day per week • Up to 3 individual or small-group sessions per day • Materials included	\$11,900 + GST

Classroom & Year-Level Learning

Choose HCI RESPECT & RELATE or HCI GROWING UP

Program/Option	Delivery	Price
Classroom Workshop	One 60-75 minute workshop One class • 20-30 students	\$500 + \$25 per student
Classroom Series	Three 60-75 minute workshops Same class • 20-30 students	\$1,500 + \$75 per student
Year-Level Workshop	One live workshop Combined year level • Up to 300 students	\$1,800 + GST
Year-Level Series	Three live workshops Combined year level • Up to 300 students	\$4,900 + GST

Parents, Carers & School Staff

Program/Option	Delivery	Price
Parent/Carer Seminar	2-hour seminar + up to 30 minutes Q&A	\$1,800 + GST
Staff Professional Learning	Up to 90 minutes	\$1,800 + GST

Need Something Tailored?

Book a complimentary 30-minute consultation to assess:

What your school is seeing • Who needs support • The right program and delivery format

Multiple classes, year levels, combined cohorts and whole-school delivery can be quoted to suit your school.

Pricing Notes

- Classroom pricing: minimum 20, maximum 30 students.
- Year-level sessions: students attend together in a suitable venue; school staff provide supervision.
- Travel outside the agreed metropolitan service area and substantial curriculum customisation are quoted separately.
- All prices exclude GST unless stated otherwise.