



GROUP PROGRAMS · DANCE X OT AND LEGO

Group Programs at The Centered Space



WHY YOU'RE HERE

You are looking for a clinically designed group that complements individual therapy, and you want to know what we run and who it suits.

So you can match a person to the right group, with clear suitability screening.

IF YOU ONLY READ ONE THING

Our groups are designed by clinicians and run with clinical intention. Joy on the surface, clinical intention underneath.

Our group programs put real clinical intention under real fun. Each group is built around something people genuinely enjoy, with clinical goals woven through. We are a neurodivergence-affirming practice, and our groups are small and suitability screened.

Dance x OT

Therapeutic movement meets occupational therapy, led by Kelly and Lucy, both occupational therapists with eighteen years of dance experience each, with speech pathology support for peer communication. **It is not about being a great dancer.** It is a space to regulate, express, connect and grow. The work underneath includes emotional expression and self-advocacy, body awareness, social connection, mindfulness and motor planning.

LEGO social skills group

A clinically designed, LEGO-based group for children who love to build, around ages six to eleven, led by Kate, an occupational therapist trained in LEGO therapy. Through collaborative building with shared roles, we create natural moments for social communication, flexible thinking, teamwork and regulation, led by the child's own interest rather than a worksheet.

More groups coming

We are always developing new groups. Coming soon: a fine motor group, a school readiness program, and a literacy group.

What makes our groups different

- Groups are not cheaper therapy. Every group is designed by clinicians and run with clinical intention.
- Suitability screening before enrolment, so every group is the right fit.
- Small groups, so everyone is seen.
- We describe what a group does and who it suits, and we never promise a result we cannot guarantee.

NDIS funding

NDIS funding may cover group therapy where it aligns with the participant's goals and approved plan. Not all NDIS plans include group supports. We help families understand their plan in plain language, and we never bill anyone to navigate the NDIS.

Register interest

Register at programs.thecenteredspace.au, or email admin@thecenteredspace.au. We will be in touch about suitability and what is coming up.

Your single next step

[Register interest, or ask about suitability →](#)



The Centered Space · Defensible, not loud. We acknowledge the Traditional Custodians of the lands on which we work, and pay our respects to Elders past and present.

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