About Us

SEED Connections was established out of the desire to connect with children and their families and to care for their mental health and social-emotional well-being.

Our Mission

To support and empower children, teenagers, adults, families, communities through an integrative multidisciplinary approach to have a holistic, healthier, functionable life.

Our Services

Here at SEED Connections, we provide a range of multidisciplinary services including,

- clinical services,
- education and learning services,
- professional development,
- community engagement

Contact Us



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Scan to find out more about our events!



Clinical Services



Individual Psychotherapy & Counselling

One-to-one therapy focusing on helping individuals to work through their emotional difficulties and mental health conditions.



Couples & Family Therapy

A form of therapy that deals specifically with interpersonal issues that arise in couples and families.

Clinical and Educational Psychological Assessment

Clinical diagnosis and assessment are utilised to gather information and develop appropriate interventions.



Play Therapy / Creative Therapy

A form of psychotherapy where creative art materials and play are used as primary tools to facilitate the expression of thoughts and feelings that are difficult to articulate.

Education & Learning Services



Individualised Education Program

A program tailored for each child to provide extra learning support in reaching potential developmental goals.

Inclusive Learning Club

The Inclusive Learning Club is a program designed to offer intensive support for children with diverse learning needs. Its focus is on equipping them with daily functioning skills essential for developmental adjustment.

Educational & Developmental Assessment

The assessment service offers a comprehensive screening used to uncover strengths and identify potential challenges to develop interventions and provide recommendations.

Parental Coaching

The coaching service offers a parental support group which aims to equip parents with the tools to foster fulfilling connection with their children.

Professional Development



Creative Supervision and Consultations

We offer supervision to play therapists, psychologists, social workers, mental health or education practitioners wanting to be more effective in helping and supporting people. Creative supervision utilizes creative approaches, lateral thinking and action methods in exploring and finding solutions to dilemmas in client work.

Workshops & Seminars

We offer periodical workshops and seminars to address contemporary mental health topics and issues in child and family development.



Community Engagement

Our community engagement programmes include providing public talks and skill-building workshops with the aim to educate, create awareness and give back to the community.