



**ALITHIA INCORPORATED**

ABN: 21369165660  
W: [alithialearning.org.au](http://alithialearning.org.au)  
E: [info@alithialearning.org.au](mailto:info@alithialearning.org.au)  
A: 671 Valla Road, Valla, NSW, 2448.  
P: 0466.586.089

Monday 1st February 2021

To whom it may concern,

We write in support of this family seeking your approval to take up the opportunity of joining an Alithia Program one day per week (40 days per school year). Alithia is a registered public benevolent institute charity, providing relief to children on the Mid-North Coast. The Department of Education has advised that a school principal may authorise an exemption from school attendance up to 100 days in a 12-month period for any student, as per the School Attendance Policy: 4.2.9.

The Alithia programs are designed to support children aged 6-12 with their engagement in educational activities and their mental / emotional health and well-being. Our mentors are qualified in a range of therapies. This supportive environment equips children with tools for emotional regulation, positive communication, conflict resolution and problem-solving. Alithia teaches children the importance of mental health, self care, self esteem and mindfulness, while encouraging children to understand different perspectives and how to communicate with empathy.

Families seek out our services for a variety of reasons including support with: disabilities (predominantly children on the spectrum or with ADHD), anxiety / confidence-building, recovery from trauma (including bullying, loss, or stressful family situations), behavioural and learning issues, enhancing social skills, or assisting a child's overall mental / emotional health and holistic development.

This not-for-profit is affiliated with academics, education consultants, psychologists, OTs, and local council to ensure we are providing a service that meets the needs of our local area. Since 2017 Alithia has been running numerous workshops and programs for children, as well as Positive Communication Workshops for parents and educators, which are all detailed on the website.

Yours Sincerely,  
Talula Hughes  
(Director/ President of Alithia Learning).