

"ADVENTURES IN SOCIAL EMOTIONAL REGULATION TRAINING"


A 'Funtastic' Social Learning Group

WHO: For children ages **4 - 6 years old** with an **Autism Spectrum Disorder** diagnosis, or social skills deficits. This group is eligible for Autism Funding.

WHERE: OT clinic at 3836 Eton Street, **North Burnaby, B.C.**

This group will be facilitated by a Registered Clinical Counsellor and an Occupational Therapist, both with extensive experience working with children special needs including Autism Spectrum disorders.

WHEN: **Friday 9:30 - 11:00 AM for 8 weeks. Please inquire about the next group start**

WHAT:  This group is in part based on **Super Flex Social Thinking Curriculum developed by Michelle Garcia Winner** (www.socialthinking.com). It was designed specifically for children that tend to be rigid in their thinking and have trouble shifting their thoughts or plans around the plans of others to adapt to the social world around them. The goals of the group are to help children develop skills to enable them to be socially flexible and able to adapt to changes around them. Also to help students increase their awareness of social **behaviors**, staying on topic and to identify how their unexpected behaviors make other people **feel**. Strategies that are used in group ensure a highly structured and predictable environment. Parents are provided with the curriculum, homework to practice at home and taught how to practice social skills outside of group to ensure the children generalize the skills to other settings. Students in the Social Learning group will have difficulty regulating their own behaviors in the moment, and this curriculum provides a **FUN** forum in which they can explore their own challenges and demonstrate ways to modify their thoughts and related behaviors. This course has been running for 4 years and is highly successful in teaching social skills to those who struggle to develop them naturally. Kids love this group!

Total cost of the programme is **\$700 per child**, including a parent education session.