

Group Aim, Content, and Participants

Social Skills & Self-Regulation Group Therapy is aimed at children in who could benefit from support with their social skills and self-regulation. Participants will learn core concepts from the well-established *Social Thinking*® and *Zones of Regulation*® programs. Activities will be focused on helping participants conceptualize group content, identify personal challenges with social skills and self-regulation, and learn strategies to help overcome these difficulties.

Half of this program will focus on *Social Thinking*® content (facilitated by a Speech-Language Pathologist) and the other half will focus on the *Zones of Regulation*® content (facilitated by an Occupational Therapist). Sessions will take place in-person at the clinic.

A complimentary pre-group screening is offered to determine group appropriateness.

Group Information

Duration

60 minutes/session

Length

10 weeks

Cost

\$1050.00 CAD - *Check with your insurance provider for coverage*

Dates and Time*

Session 1: Wednesdays from April 8 to June 10, 2026; 4:30 – 5:30 p.m. (Grades 1 & 2)

Session 2: Wednesdays from April 8 to June 10, 2026; 5:45 – 6:45 p.m. (Grades 3 & 4)

Session 3: Wednesdays from April 8 to June 10, 2026; 7:00 – 8:00 p.m. (Grades 5 & 6)

*Make-up session scheduled on Wednesday June 17, 2026

Registration Closes

Wednesday March 25, 2026

For more information, please contact groups@boomeranghealth.com.

Boomerang Health powered by SickKids

9401 Jane Street, Suite 211

Vaughan, Ontario; L6A 4H7

(905) 553-3155

info@boomeranghealth.com

www.boomeranghealth.com