

Virtual Social Skills & Self-Regulation Group

Group Aim, Content, and Participants

Social Skills & Self-Regulation Group is aimed at children in **grades four and five** 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.

Six sessions will focus on *Social Thinking*[®] content (facilitated by a Speech-Language Pathologist) and six sessions will focus on the *Zones of Regulation*[®] content (facilitated by an Occupational Therapist). Sessions will take place over Zoom.

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

Group Information

Duration

60 minutes

Length

12 weeks

Cost

\$768.00 CAD*

Dates and Time

Thursdays from April 1 – June 17, 2021; 4:30 - 5:30 p.m.

*Check with your insurance provider for coverage

For more information, please contact lauren.greenwood@boomeranghealth.ca, Manager of Programs.

Boomerang Health powered by SickKids

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