

# *Virtual Social Skills & Self-Regulation Group for Caregivers*

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## **Group Aim, Content, and Participants**

**Social Skills & Self-Regulation Group for Caregivers** is aimed at helping caregivers to support their children in **grades one to six** in the areas of social skills and self-regulation. Participants will learn core concepts from the well-established *Social Thinking*<sup>®</sup> and *Zones of Regulation*<sup>®</sup> programs. Practical ways to implement these programs at home will be shared. Handouts, worksheets, and activity suggestions from these programs will be provided to support learning and facilitation of concepts at home.

Three sessions will focus on *Social Thinking*<sup>®</sup> content (facilitated by a Speech-Language Pathologist) and three sessions will focus on the *Zones of Regulation*<sup>®</sup> content (facilitated by an Occupational Therapist). Sessions will take place over Zoom.

## **Group Information**

### ***Duration***

60 minutes

### ***Length***

6 weeks

### ***Cost***

\$384.00 CAD\*

### ***Dates and Time***

Thursdays October 28 – December 2, 2021; 6:15 - 7:15 p.m.

\*Check with your insurance provider for coverage

For more information, please contact [lauren.greenwood@boomeranghealth.com](mailto:lauren.greenwood@boomeranghealth.com), Manager of Programs.

## **Boomerang Health powered by SickKids**

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