

# Social Skills & Self-Regulation Group

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## 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.

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. Policies and procedures related to COVID-19 will be enforced to ensure the safety of participants and staff members.\*

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

## Group Information

### **Duration**

60 minutes

### **Length**

10 weeks

### **Cost**

\$900.00 CAD\*\*

### **Dates and Time**

Mondays from January 10 – March 28, 2022\*\*\*; 4:30 – 5:30 p.m.

\*Participants must pass a COVID-19 screening prior to entering the group each week. Mask-wearing, sanitization, and social distancing measures will be implemented. Participants aged 12+ who are eligible for COVID-19 vaccination must show proof of vaccination in order to participate.

\*\*Check with your insurance provider for coverage.

\*\*\*Excludes Monday, February 21 for Family Day and Monday, March 14 for March Break.

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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