

Virtual Social Skills & Self-Regulation Group for Caregivers

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 three** in the areas of social skills and self-regulation. Participants will learn core concepts from the well-established *Social Thinking*® and *Zones of Regulation*® 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*® content (facilitated by a Speech-Language Pathologist) and three sessions will focus on the *Zones of Regulation*® 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 January 27 – March 3, 2022; 6:15 - 7:15 p.m.

*Check with your insurance provider for coverage

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

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