

### 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

#### **Length**

10 weeks

#### **Cost**

\$1050.00

*Check with your insurance provider for coverage*

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

Session 1: Wednesdays from January 15 to March 26, 2025; 4:30 – 5:30 p.m. (Grades 1 & 2)

Session 2: Wednesdays from January 15 to March 26, 2025; 5:45 – 6:45 p.m. (Grades 3 & 4)

Session 3: Wednesdays from January 15 to March 26, 2025; 7:00 – 8:00 p.m. (Grades 5 & 6)

\*Excludes Wednesday March 12, 2025

For more information, please contact [groups@boomeranghealth.com](mailto:groups@boomeranghealth.com).

#### **Boomerang Health powered by SickKids**

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