

### 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**

2 hours per day

#### **Length**

5 days

#### **Cost**

\$586

*Check with your insurance provider for coverage*

#### **Dates and Time**

Session 1: Monday, July 7 to Friday, July 11, 2025; 10:00a.m. – 12:00p.m. (Entering Grades 1 & 2)\*

Session 2: Monday, July 14 to Friday, July 18, 2025; 10:00a.m. – 12:00p.m. (Entering Grades 3 & 4)\*

Session 3: Monday, July 21 to Friday, July 25, 2025; 10:00a.m. – 12:00p.m. (Entering Grades 5 & 6)

#### **Registration Closes**

Two weeks prior to each program start date

\*Please note: There is also an option for a combined program with the Handwriting Group that runs in the afternoon (Monday to Friday from 12:30p.m. – 2:30p.m.). See additional flyer for more details.

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

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

9401 Jane Street, Suite 211

Vaughan, Ontario; L6A 4H7

(905) 553-3155

[info@boomeranghealth.com](mailto:info@boomeranghealth.com)

[www.boomeranghealth.com](http://www.boomeranghealth.com)