



## **WINTER 2012 – SOCIAL SKILLS GROUP**

**These groups will focus on social skills for girls and boys with High Functioning Autism, Asperger's or other related disabilities who experience difficulties with communication/conversational skills, social reciprocity, self awareness and perspective taking.**

### **1. Group for 6 to 8 yrs. old – Saturday 9:00am to 10:30am**

**Through the use of cooperative games, direct instruction and other teaching methods we will explore:**

- Conversational skills**
- Understanding non verbal cues during joint interactions**
- Cooperative games and following the rules**
- Losing is OK!**
- Socially ME - structured activities to reinforce social interactions including self-esteem, listening skills and problem solving skills**

### **2. Group for 9 to 11 yrs. old – Saturday 11:15am to 12:45pm**

**Through the use of discussion, role-play, direct instruction, and video modeling we will focus on:**

- Conversational Skills**
- Conflict resolution and negotiation skills**
- Problem solving and decision-making skills**
- Building and maintaining friendships**
- Learning to be more flexible – “social thinking”**
- Self regulation of emotions**

**WHEN: January 14<sup>th</sup> to April 14<sup>th</sup>, 2012 (12 sessions)**

**WHERE: Cedarview Alliance Church  
2784 Cedarview Road, Barrhaven, ON**

**COST: \$55.00 + HST per session**

### **3. Group for 11 to 13 yrs. old – Tuesday 6:00pm to 7:30 pm**

Through group discussion, team work, role-play and video modeling we will focus on:

- ❑ Peer pressure and bullying
- ❑ Conflict resolution
- ❑ Problem solving and decision-making skills
- ❑ Learning to understand the perspective and thoughts of others
- ❑ Building and maintaining friendships
- ❑ Increasing self-esteem and confidence

**WHEN:** January 17<sup>th</sup> to April 10<sup>th</sup> (12 sessions)

**WHERE:** Barrhaven Fellowship Christian Reformed Church  
3058 Jockvale Rd. Barrhaven, ON

**COST:** \$55.00 + HST per session

### **4. PEERS: Program for the Education and Enrichment of Relational Skills – Winter 2012**

Building Blocks is pleased to announce a new project for teens and families in the Ottawa-Carleton Region.

PEERS is a 14-week evidence-based social skills intervention developed by UCLA for motivated teens who are interested in learning ways to help them make and keep friends.

The UCLA Program for the Education and Enrichment of Relationship Skills (PEERS) is a manualized, social skills training intervention for adolescents and young adults. It has a strong evidence-base for use with teens and young adults with autism spectrum disorders, but is also appropriate for teens and young adults with ADHD, anxiety, depression, and other socioemotional problems.

During each group session teens are taught important social skills and are given the opportunity to practice these skills in session. Parents are taught how to assist their teens in making and keeping friends by providing feedback through coaching during weekly socialization homework assignments.

**WHEN:** January 12<sup>th</sup> to April 19<sup>th</sup>

**WHERE:** The Bronson Centre, 211 Bronson Avenue, Ottawa, Ontario

**COST:** \$65.00 per session + HST (14 sessions in total)

**NOTE: Depending on interest and families already screened early fall - Building Blocks may be able to provide 2 PEERS group.**

**Teen Girls: 14 to 16 yrs. old**

**Teen Boys: 11 to 13 yrs. old**

**For more information visit on the PEERS program please visit:**

**<http://www.semel.ucla.edu/peers>  
[www.ebbuildingblocks.com](http://www.ebbuildingblocks.com)**

***The PEERS program has again received funding support from Ottawa Children's Coordinated Access.***



***New families require an interview for screening purposes. Groups are planned and organized according to the level of functioning, strengths and needs of the peer group.***

***Building Blocks will be screening on December 2<sup>nd</sup>, December 3<sup>rd</sup> and December 9<sup>th</sup> at Building Blocks, 283 Churchill Avenue, Ottawa.***

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