

SOCIAL SKILLS GROUP DESCRIPTIONS

CLUB JR. THURSDAYS

Ages Served: 10-14

This group is designed to offer a supportive environment where participants can practice social skills. Age appropriate activities are used to support the development of friendships and to build interests in different leisure activities.

Details & Meeting Times

CREATIVE EXPRESSIONS TUESDAYS

Ages Served: 8-18

This group is co-facilitated with Figgy's Art Studio. Through individual and group art projects, participants learn more about social expectations, effective peer interactions and functional skills for group participation. A variety of mediums are explored in an effort to discover each artist's unique style.

Details & Meeting Times

GAME ON! BASKETBALL

Ages Served: 5-18

Players of all abilities will engage in activities teaching the fundamental skills of basketball. Activities and drills target emotional regulation, communication, following game rules and team work. Participants also work on coordination, core strength, balance and endurance.

Details & Meeting Times

GAME ON! KARATE FRIDAY

Ages Served: 5-10

Participants will learn non-violent Shotokan Karate Do moves in a visually structured format. Sessions will focus on self-regulation tools and therapeutic recreation through martial arts.

Details & Meeting Times

GAME ON! KARATE SATURDAY

Ages Served: 5 - 10

Participants will learn non-violent Shotokan Karate Do moves in a visually structured format. Sessions will focus on self-regulation tools and therapeutic recreation through martial arts.

Details & Meeting Times

LEAPS AND BOUNDS WEDNESDAYS

Ages Served: 4-10

Basic social concepts are introduced. Group goals focus on improving self regulation, conversational skills and the ability to recognize and express emotions. This group incorporates movement, role play and hands-on activities to enhance learning experiences.

Details & Meeting Times

MOVE AND GROOVE SATURDAYS

Ages Served: All ages are welcome to apply!

This highly structured group utilizes motivating activities to increase joint attention and positive peer relations. Visual supports, environmental structure, movement and creative curriculum enhance participation and understanding.

Details & Meeting Times

MOVE AND GROOVE SATURDAYS

Ages Served: Multiple Age Groups

This highly structured group utilizes motivating activities to increase joint attention and positive peer relations. Visual supports, environmental structure, movement and creative curriculum enhance participation and understanding.

Details & Meeting Times

SKILLS FOR LIFE

Ages Served: 10-18

This group focuses on specific activities to build important life skills such as cooking and preparing meals, shopping, managing money, doing daily chores and more. Independence skills are the focus of this program in a highly structured and supportive setting.

Details & Meeting Times

THE CLUB FRIDAYS

Ages Served: 14-19

The Club is a safe hang out for teens and young adults to build friendships through participation in leisure activities and community trips. Participants can practice the social communication skills required to foster friendships as well as the appropriate social rules for effective interactions.

Details & Meeting Times

THERAPEUTIC PRESCHOOL PLAY GROUPS

Ages Served: 3 to 5 years old

Let's Play! is a therapeutic play group for children ages 3-5. A multidisciplinary approach incorporating the work of Pamela Wolfberg and Steven Gutstein is used to support positive and purposeful play experiences amongst peers.

Details & Meeting Times
