

## **A Self-Regulation and Social Skills Group for Grade 1-2**

A New group will be opening at Ellen Yack & Associates: A Self-Regulation and Social Skills Group for Grade 1-2

This group program will be designed to allow participants to practice self-regulatory strategies that they have learned during individual sessions. It will also offer opportunities for the children to enhance their understanding of the hidden rules of social participation and learn and utilize a variety of social problem solving skills. Parents will be participating in a training session on the second day of the group while their children are in their session (**March 31, 2017**). This training session will review strategies explored in the group and will facilitate generalization of skills at home. Occupational Therapists, Halie Peters, will be leading the group and will be supported by volunteers. The group will be held at our new sensory gym at 2700 Dufferin Street, Unit 27. The group will have a minimum of 3 participants and a maximum of 6.

Areas addressed will include:

**Self-regulation:** emotional responsivity, transitions, attention to tasks, calming and alerting tools to support maintenance of appropriate attention and activity levels required for specific task demands and situations

**Social and Emotional Development:** social thinking and problem solving, how to be a group member, collaborative play, team work, expected/unexpected behaviour, size of the problem, understanding perspective of others

**Executive Functions:** impulse control, organization, flexibility, planning, self-monitoring

**Day and Time: Friday March 24th to May 19th 2017, 4:15-5:15pm:**

March 24, 31

April 14, 21, 28

May 5, 12, 19

**Price:** \$795.00 (\$90.00/ group session and \$75.00 for parent training)

Payment for the group must be submitted by March 24, 2017.

Please be advised that there is no refund for missed sessions.

We look forward to hearing from you with any questions!

Please contact Ellen at 416-481-2446, [ellen.yack@sympatico.ca](mailto:ellen.yack@sympatico.ca) or Halie at [hpeters89@gmail.com](mailto:hpeters89@gmail.com) for more information.