



## Pre-School Group (Ages 3-5)

**Focus:** Attending, play skills, emotion regulation, transitions, peer interactions, social skills, gross and fine motor activities, and following group instruction.

Monday: 1:00 PM - 3:30 PM

Wednesday: 9:00 AM - 12:00 PM

Friday: 9:00 AM - 12:00 PM & 4:00 PM - 6:00 PM

## Social Group (Ages 5-9)

**Focus:** The sessions are structured by first teaching a skill and then setting up an appropriate list of activities to practice that newly taught skill. Some examples of the teaching lessons are greeting others, making friends, compromising with friends, accepting/giving compliments, sportsmanship, and flexibility.

Monday: 4:00 PM - 6:00 PM

Wednesday: 1:30 PM - 3:30 PM

## Social Group (Ages 8-12)

**Focus:** Teaching social skills (i.e. sportsmanship, flexibility with friends, voice volume, body gestures, etc.) and then applying them through various activities.

Thursday: 4:00 PM - 6:00 PM

## Girls Group (Ages 10-14)

**Focus:** Self-esteem, self-regulation, and flexibility by utilizing art and other activities to help express emotions

Monday: 5:30 PM - 7:00 PM

## Social Group (Ages 10-14)

**Focus:** Teaching advance social skills (i.e. working on group projects, maintaining conversations, body language, and compromising)

Tuesday & Wednesday: 4:00 PM - 6:00 PM

### Please bring:

- ✓ A snack for your child
- ✓ Data book

### If needed:

- ✓ Diapers
- ✓ An extra pair of clothes

**\*\*Please contact Brenda at (619) 814-6494 to learn about requirements and further inquire about the services we offer.**

**We look forward to working with you!**

