

After School ABA Program Autism Skills Groups

What is an Autism Skills Group?

The After School ABA Program is offering **free** Autism Skills Groups to children/youth diagnosed with Autism Spectrum Disorder. The groups will focus on teaching a variety of skills including social, behaviour/ emotional regulation, daily living and communication.

What are some skills my child/youth might learn in a group?

- Problem solving
- Greeting others
- Asking friends to play
- Accepting "no"
- Identifying feelings
- Meal preparation and laundry
- Responding to teasing
- Dealing with losing

Who can join?

Students diagnosed with Autism Spectrum Disorder, aged 3 to 21, of the Algonquin and Lakeshore Catholic District School Board.

Groups will be developed based on age, location and skill.

Parents may be asked to participate in parent information sessions.

When and where?

The groups will occur one or two nights per week and run for 6 weeks.

All groups will be scheduled after regular school hours.

The program will be offered at various schools across the Belleville and Trenton region.

Parents will be required to arrange transportation

What if my child is already participating in a similar group?

We suggest that your child only participate in one skills group at a time.

How do I refer my child to a group?

Application Packages can be found online at www.alcdsb.on.ca or picked up from your child/youth's school office.

Completed Application Packages, including documentation confirming your child/youth's ASD diagnosis can be dropped off to their school office or to ALCDSB office (151 Dairy Avenue).

How can I get more information?

Please contact the Coordinator of the After School ABA Program:

Katie Phillips

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613-354-6257 ext. 496

