



# Autism Consultants NB

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## Consultants en Autisme NB

### **“Social Skills”**

***An important part of academic and social success!***

***Next block: November through December***

*The passion and main interest for the team at ACNB is learning how to teach social skills to children and students of all ages. The latest continuing education experience for the team was a hands-on 4 day mentorship training directly at Michelle Garcia Winner’s clinic in San Jose California on how to specifically run social skills groups with school aged students (focusing on “social thinking” skills).*

- The goal of the groups is to help school aged students (primarily ages 6 to 12) who struggle with social skills, such as, but not limited to, those with Asperger’s Syndrome or High Functioning Autism. This block will run 6 weeks (1 hour sessions, twice weekly). The children are paired with other children within their age range.
- The lessons are individualized as per each group’s needs, and can cover areas such as dealing with anxiety, identifying the true size of a problem, appropriate use of humor, how to work together in a group, and recognizing other people’s emotions, thoughts, beliefs, experiences, motives and intentions.
- The skills taught in these groups greatly impact academic success, such as in reading comprehension, overall attendance and behaviour in class, surviving group projects, etc.
- Individual therapy is also available.

Please contact our social skills group coordinators: Francine Melanson by telephone at 386-2262 or by email at [francinemelanson@acnb.ca](mailto:francinemelanson@acnb.ca)