

Building Social Skills Group

- Has your child or youth been diagnosed with Asperger Syndrome or related disorders (e.g. High Functioning Autism or Pervasive Development Disorder - Not Otherwise Specified)?
- Would your child or youth like to participate in a social skills training program designed to help individuals with Asperger Syndrome/Disorder to navigate a wide range of social situations and to make friends?

About the Group

- Age range of group will be determined based on applicants
- Group size will be between 4 and 8 participants and meet once per week for approximately 9 weeks
- Most sessions are 1.5 hours for a total of 15 hours. One orientation session for parent(s)/caregiver(s) will occur in the first week
- Fees (if required) will be nominal
- Group will be held at the Psychological Service Centre – 161 Dafoe Building (University of Manitoba)

Asperger Manitoba Inc.'s Mission is:

- I. To provide support for those affected with Asperger Syndrome by offering education and counselling.
- II. To educate the public about Asperger Syndrome and the needs of persons affected by Asperger Syndrome by collecting and disseminating information on the topic.
- III. To undertake activities which are ancillary and incidental to these objects.

Our **vision** is to ensure that all those affected by Asperger Syndrome, either directly or indirectly, will be supported to maintain positive health and wellness and in so doing, be able to lead productive lives within their communities.

Building Social Skills Group Contact:

Janine Montgomery, PhD
Department of Psychology
206 Chancellor's Hall, 177 Dysart Rd
University of Manitoba,
Winnipeg, MB R3T 2N2
Phone (Judy): (204) 474-8039
Fax: (204) 474-7599

asperger@cc.umanitoba.ca

Building Social Skills Group

*For Children and Youth
with
Asperger Syndrome*



UNIVERSITY
OF MANITOBA



Asperger Manitoba Inc.
Celebrating Abilities

Why a social skills group for children or youth with Asperger Syndrome and related disorders?

Children and youth with Asperger Syndrome and related disorders (High Functioning Autism, Pervasive Developmental Disorder-Not Otherwise Specified) experience great difficulty in the area of social competence. As a result, many children and youth with Asperger Syndrome are socially isolated but would prefer to have friends. Social skills training can help these young people learn how to behave and make friends in a wide range of social situations.



Group Information

Parent/Caregiver involvement can greatly improve generalization of the skills learned during group sessions to their home and school environment. For the purpose of our social skills training group, a parent/caregiver session will be held 1 week prior to the start of the group. Additionally, the participants will be given handouts for the Parents/Caregivers for each group. Pre and post group evaluations filled out by Parents/Caregivers will be used to measure the effect of the Social Skills group.

The final group session may be an outing to celebrate completion of the group, and to practice skills in public, which may assist generalization (a nominal fee may be required to cover costs of outing).

Group participation must be voluntary, and confidentiality of personal information follows provincial standards.

How to refer your child or youth

- 1) Your child or youth must be diagnosed with Asperger Syndrome or a related disorder (High Functioning Autism, Pervasive Developmental Disorder-Not Otherwise Specified).
- 2) Email or phone the contacts on the back of this pamphlet. You will be mailed an application form.
- 3) When the application form has been returned, the parent/caregiver will be contacted by phone. An interview will be conducted to assess the potential participant's current skills and needs.
- 4) A clinician will then meet with the child or youth to assess verbal skills.
- 5) The Social Skills group will be formed by best fit of participant's age and skills.
- 6) The parent or guardian will then be notified if the child or youth's needs would be met by this group, or if they will better suit a future group. In the case of the latter, the child or youth could be placed on a waiting list for future group involvement or referred to other services.