

THEATRE IN THE PARK for *TEENS*

Theatre improv-based social skills group



STA is pleased to offer a 4-week theatre improv-based social skills group informed by principles of Cognitive Behavioural Therapy (CBT) to support **teens age 14 to 17** with ASD to practice social skills and manage social anxiety in a dynamic setting.

Who is it for?

Teens with ASD/autistic teens ages **14 to 17** who:

- Can discuss their thoughts, emotions, and experiences
- Are located in the province of Alberta
- Have access to technology that supports video conferencing
- Can commit to attending at least 3 out of 4 sessions

**Participants will be screened by a psychologist to ensure the group is a good fit*

What will participants learn?

- Perspective taking
- Flexibility
- Listening skills
- Social-emotional skills
- Social & self-awareness
- Self-management skills
- To build confidence in applying learned skills

These skills will be learned through activities such as: improv games, mindfulness exercises, creative exploration, and collaborative brainstorming.

Register or learn more
Email: hykawyc@sta-ab.com
Call: 403-258-5510

When

Wednesdays

1:00 pm to 3:00 pm

July 7, 2021 to July 28, 2021

Where

Held either online or outdoors depending on provincial COVID-19 restrictions

Sessions facilitated by a psychologist and a speech-language pathologist

Cost

\$20.00 per weekly session

(\$80.00 total)

Registration will be on a first-come, first-serve basis