

THEATRE IN THE PARK for *Young Adults*

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 young adults ages 18 to 24 with ASD to practice social skills and manage social anxiety in a dynamic setting.

Who is it for?

Young adults with ASD/autistic adults ages **18 to 24** 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

3:00 pm to 5:00 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