



## 2012 Summer Groups at CRG

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Based on parent requests, CRG is pleased to offer several groups this summer for a range of age groups and purposes. A minimum of three (3) participants is necessary to start and sustain a group. As many families have learned over the years, CRG groups provide a safe and structured way to develop better social skills and learn more about yourself from interacting with peers who share similar needs/interests. All CRG groups are run by highly trained and experienced professionals who charge a reduced rate for group activities. Make CRG a part of your summer plans. Call (317) 575-9111 now to register – spaces are limited.

### *Taking Control*

An Anger Management Group for People Ages 15 – 18

**Facilitated by:** [Dr. Nathan Larson, Psy.D., HSPP](#)  
**Meeting times:** June 7, 8, 14, and 15 (2:00 p.m. to 4:00 p.m.)  
**Fee:** \$140.00/session

This group is designed for adolescents who need assistance in developing the skills and motivation necessary to make appropriate decisions and engage in appropriate behaviors. The group will include education and processing components to help group members gain skills, insight, and motivation to act in a socially appropriate and respectful manner. The group will require participants to process their experiences within the group and outside of the group, practice the skills taught, and apply the skills in their lives.

#### **Goals:**

- Provide opportunity to learn and practice skills necessary to make appropriate choices and engage in appropriate behaviors
- Demonstrate use of appropriate communication skills, social skills, problem solving skills, and regulation of emotions.
- Processing Barriers to Success

### *Summer Social Skills Boot Camp Series*

**Facilitated by:** [Beth Waite, MA-CCC/SLP-ATP](#)  
**Meetings times:** June 18<sup>th</sup> to 22<sup>nd</sup> (see specific group times below)  
**Fee:** \$300.00 for the week

Once school is out it is time to relax and have fun. Children with social skill deficits can have difficulty making friends and participating in community activities designed for kids their age. Sending your child to Social Skills Boot Camp can enhance their skills and prepare them for playing and hanging out with friends this summer. These intensive, week-long groups have been designed with specific goals for each age group to foster appropriate communication and interpersonal relationship skills. Boost your child's summer social skills by joining one of our social skills boot camps.

Social Skills Boot Camp Groups and Schedules:

## *Play Pals*

For Children Ages 3 - 5

Meets June 18<sup>th</sup> – 22<sup>nd</sup> from 9:00 to 10:00 a.m. daily  
Limited to 4 children per group

This preschool group is a great way to introduce or reinforce social skills in a small group setting. Each session will include the following components:

- **Circle time** – 15 minutes of working in a group as social skills such as listening, waiting, raising your hand, joint attention, and responding are taught. These are necessary skills for being able to “learn to learn” in school.
- **Lesson time** – 30 minutes of reinforcing the lessons introduced during circle through hands-on activities. This will include simple turn-taking games, use of creative art materials for sensory, visual, and auditory feedback, as well as ways to make the lessons “concrete” for young learners.
- **Snack time** – 10 minutes of snack and casual conversation to allow for informal practice of social language skills.
- **Closing** – 5 minutes of closing group time to review skills taught and telling friends goodbye.

## *Summer Detectives*

For Children Ages 6 – 11

Meets June 18<sup>th</sup> - 22<sup>nd</sup> from 10:30 to 11:45 a.m. daily  
Limited to 6 children per group

This group is for students in elementary who learn best with a combination of formal and informal lessons. Skills taught will include working in groups/pairs, compromise/conflict, initiate/maintain conversation and good sportsmanship. Each session will include:

- **Greeting and warm-up** – 10 minutes
- **Lesson** – 15 minutes of leader-directed instruction regarding the topic
- **Activities** – 30 minutes of hands-on practical exercises to reinforce the skill
- **Snack** – 15 minutes of snack and unstructured conversation to allow students to practice the skill without adult initiation but with instant feedback from the leader to facilitate proper understanding and use
- **Closing** – 5 minutes of discussion to review skill and project how to use the skill in daily interaction

Social Skills Boot Camp Groups and Schedules (continued):

## *Summer Navigators*

For Adolescents Ages 11-14

Meets June 18<sup>th</sup> – 22<sup>nd</sup> from 1:30 to 2:45 p.m. daily  
Limited to 6 members

This group is designed specifically for pre-teens and teens and includes less structured time and more guided adult interaction. Skills are introduced and group feedback helps guide discussion so that it is relevant for each member. Topics include conflict resolution, compromise, offering/accepting criticism, flexible thinking, nonverbal communication and more.

- **Greetings and warm up** – 10 minutes
- **Lesson** – 20 minutes of leader-guided discussion on the topic
- **Break it down-** 25 minutes of breaking the skill down into simple steps and practicing it through role play, video feedback, other activities
- **Snack/Review** – 20 minutes of snack and unstructured conversation that provides opportunity for practice with skills and adult feedback. Daily skills reviewed and discussion of how to use it in interactions.

## *Divas*

**Facilitated by:** [Dr. Julie Steck, Ph.D., HSPP](#)

**Meeting times:** June 11, June 25, July 9, and July 23 (all Mondays); 4:00 to 5:00 p.m. for the teens and 5:00 to 5:30 p.m. for the parents

**Fee:** \$70.00/session

This group has been designed for females aged 13 to 15 with ADHD. The group will focus on increasing awareness of the teens' understanding of their ADHD, how it impacts them, and how to better communicate with peers and parents. Summer can be a particularly difficult time for young teens – especially those with ADHD. While the structure of school and demands for completing homework are difficult, a lack of structure and increased freedom poses different challenges. Summer is a time when young teens begin to test the limits of their parents' authority and are more likely to experiment in risk-taking behaviors. This group will focus on helping the teens better deal with the temptations of summer and helping parents know how to provide structure while allowing some independence.

## *Mothers' Support Group*

**Facilitated by:** [Dr. Christine Kerr, Ph.D., LMHC](#)

**Meeting times:** 3<sup>rd</sup> Wednesday of each month from noon to 1:00 p.m.

**Fee:** No charge

Bring your lunch and connect with other Moms as we discuss issues that are relevant to you and your family. Group sessions will provide support, education, problem-solving strategies, parenting skills, coping mechanisms and an opportunity to get to know other mothers in similar situations.