

## Registration

Please complete the following and return it with payment to confirm your registration.

Child's Name: \_\_\_\_\_

\_\_\_\_\_

Child's School: \_\_\_\_\_

\_\_\_\_\_

Date of Birth: \_\_\_\_\_

Parents' Names: \_\_\_\_\_

\_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

E-Mail: \_\_\_\_\_

Phone: (H) \_\_\_\_\_

(W) \_\_\_\_\_

## Method of Payment:

Cash  Cheque  VISA/MASTERCARD

VISA/MASTERCARD (Circle the type of card):

# \_\_\_\_\_

Expires: \_\_\_\_\_

Please check which session you are registering for:

### Session #1

November 3 – December 8, 2020

### Session #2

February 16 – March 23, 2021

Ages 7-10 years 5:00 – 6:15 p.m.

Ages 11-14 years 6:30 – 7:45 p.m.

## Registration

DEADLINES FOR REGISTRATION ARE:

**October 26, 2020** for the first session.

**February 1, 2021** for the second session

## Fees

**\$120.00** for each of the six Group Sessions  
(for a total of \$720), and

**\$195.00** for the Individual Session with Parents.

Individuals with Extended Health Care benefits may be eligible for reimbursement for a majority, if not all of the fees. Check your benefits to determine whether you are covered for the services of a 'Registered Clinical Psychologist' or for 'Speech Language Services'. If you have coverage for both types of services, you may be able to utilize coverage from both benefit allocations. Call us to determine how your coverage can be applied to the fees.

## MIND MATTERS CLINIC

**3-1250 Waverley Street  
Winnipeg, Manitoba R3T 6C6**

**Phone: (204) 477-8555**

**Fax: (204) 487-4248**

**www.mindmattersclinic.ca**



**3-1250 Waverley Street  
Waverley at Buffalo Place  
www.mindmattersclinic.ca**

# SOCIAL SKILLS GROUP THERAPY

**Groups for  
Children and Teens  
Ages 7-14**



Facilitated by:

**Dr. Cathy Moser, Registered Psychologist,  
Peggy Alto, Certified Speech-Language Pathologist,  
and Ramona Thomson,  
Certified Speech-Language Pathologist.**

**Social Skills Groups are designed to help children develop skills that are critical in making friends and maintaining relationships with peers. These skills are best learned and practiced in a group setting, with the supervision of skilled group leaders.**

**Some of the skills that we will learn and rehearse include:**

- how to introduce yourself to peers
- how to 'break into' conversations and how to sustain conversation
- turn taking in play and conversation
- developing listening skills
- learning to compromise
- recognizing 'black and white' or 'all or nothing' thinking, and learning how to think in 'shades of grey'.



- understanding unwritten laws of personal body space
- developing sensitivity to body language/non-verbal cues
- learning to negotiate the unwritten rules of social interaction
- dealing with teasing/bullying
- developing coping tools to deal with frustration and anger
- conflict resolution skills
- coping with rejection



## **Cathy Moser, Ph.D., C.Psych.,**

is a Clinical Psychologist with a private practice in Winnipeg. She has worked within the School System for ten years, and has been in private practice for twenty years. Dr. Moser has been assessing and treating children with a variety of problems over the past twenty years. She has extensive experience in treating children with Anxiety, Depression, Learning Disabilities, Attention Deficit Hyperactivity Disorder, Asperger's, and a variety of developmental disorders.

Dr. Moser will be joined by two experienced and talented Speech Language Pathologists.

## **Ramona Thomson, M.A., S-LP (c)**

is a Speech Language Pathologist with twenty years experience in working with preschool and school age children, as well as with adults. She spent one year working in a hospital setting, followed by five years working within the school system providing both individual and group assessment and therapy to children with all types of needs. Ramona is involved with consultative services, and is now in private practice.

Prior to the start of the group, an individual session with parent and child will be scheduled at your convenience. This session can be billed to either the parent or the child (at the individual therapy rate of \$195.00 per 50 minutes).

This session is designed for the therapists to better understand the needs of your child, and learn about the goals that you have for your child's participation in the group. If your child has already been assessed at Mind Matters Clinic, an individual appointment may not be necessary.

### **Session #1:**

**November 3, 10, 17, 24,  
December 1 & 8, 2020**

OR

### **Session #2:**

**February 16, 23,  
March 2, 9, 16 & 23, 2021**



## **Times**

Times for both of the sessions are the same:

**Ages 7-10:** 5:00 – 6:15 p.m.

**Ages 11-14:** 6:30 – 7:45 p.m.

**Parents should call the offices of Mind Matters Clinic at (204) 477-8555 to schedule individual appointments and to register for the group.**

## **Fees**

**\$120.00 for each of the six Group Sessions (for a total of \$720.00).  
The option of time payments is available.**