

## Registration

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

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

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

(day) \_\_\_\_\_ (month) \_\_\_\_\_ (year) \_\_\_\_\_

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

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

Email: \_\_\_\_\_

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

(Cell) \_\_\_\_\_

## Method of Payment:

Cash  Cheque  VISA/MASTERCARD

VISA/MC#: \_\_\_\_\_

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

## Deadlines for registration are:

**Session #1** September 27, 2018

**Session #2** December 27, 2018

**Session #3** March 21, 2019

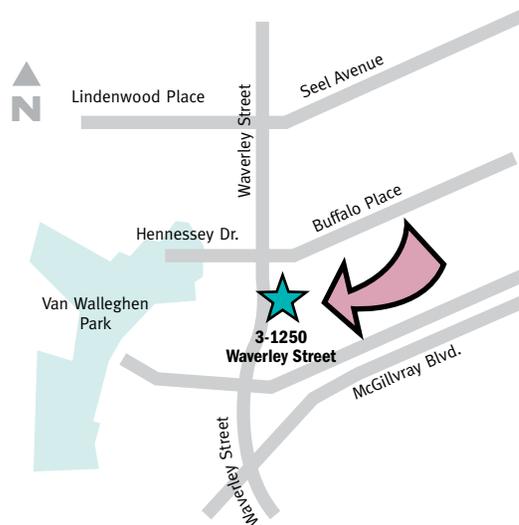


(204) 477-8555  
3-1250 Waverley Street  
Winnipeg, Manitoba  
R3T 6C6



## Milestones Therapy

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danna@milestonestherapy.ca



**3-1250 Waverley Street**  
**Waverley at Buffalo Place**  
[www.mindmattersclinic.ca](http://www.mindmattersclinic.ca)

# BIG BANG THERAPY SOCIAL SKILLS GROUPS

**For Youth**  
**Ages 15 - 21**



Milestones Therapy

Big Bang Therapy is designed to offer direct instruction in social skills for young adults who have not instinctively acquired these skills. Specific skills will be taught each week, with the opportunity to practice these skills in an environment that is more 'natural' than the classroom (e.g., game nights in our relaxed group room setting, outings to movies/shows and to other entertainment centres). Rehearsal will occur through guided activities, as well as through coaching from the sidelines.

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

- \* how to introduce yourself to peers
- \* how to choose appropriate friends
- \* how to organize get-togethers with friends
- \* how to be a good listener
- \* how to start, enter and exit conversations with peers
- \* staying engaged in/maintaining conversations
- \* issues surrounding dating
- \* how to be a good sport and handle disagreements
- \* understanding unwritten laws of personal body space
- \* understanding body language/non-verbal communication
- \* understanding metaphorical language/transcending literal thinking



- \* developing sensitivity to body language/non-verbal cues
- \* learning to negotiate the unwritten rules of social interaction
- \* dealing with teasing/bullying, rumors/gossip and cyber-bullying
- \* developing coping tools to deal with frustration and anger
- \* coping with rejection

## Dates

The sessions are designed to span an eight-week period so that you can become familiar with the group and feel comfortable practicing the skills. Some of the sessions will be facilitated by a Speech and Language Pathologist and some will be facilitated by a Clinical Psychologist. This way, you will get two different perspectives on social skills development. If you have insurance coverage for both Psychologists and Speech and Language Pathologists, you can maximize your coverage to defray costs. Prior to the start of the group, an individual session will be scheduled with one of the professionals. This session is designed for the team to better understand your needs, and learn about the goals that you have for participation in the group.

\* Dates may vary depending on the activities chosen and will be discussed with families at the onset of the group.

### Session #1: Ages 15 - 17 years old

Thursdays, October 11, 18, 25, November 1, 8, 22, 29, December 6th, 2018

OR

### Session #2: Ages 17 - 21 year old

Thursdays, January 10, 17, 24, 31, February 7, 14, 21, 28, 2019

OR

### Session #3: Ages 15 - 17 year old

Thursdays, April 4, 11, 18, May 2, 9, 23, 30, June 6, 2019

## Times:

Times for each of the three different sessions are the same:  
Thursdays, 6:00 p.m. to 7:45 p.m.

## Fees

**\$105.00** for each of the dates selected (**\$840.00** for eight classes). Payments for the Group sessions are due in advance – post-dated cheques for each week is possible if necessary.

Fees for specific activities that incur extra costs will be the responsibility of each individual (e.g., tickets for movie theatre).

The individual session prior to the groups will be billed separately at the hourly rate of the professional conducting the interview (i.e., Speech and Language Pathology or Psychology).

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'. Call us to determine how your coverage can be applied to the fees.



## Danna Kaplan, M.S., CCC-SLP

Danna has been a Speech-Language Pathologist for 20 years and has been in private practice in Winnipeg for 10 years within the Mind Matters Clinic offices. Danna has a specialization in early childhood intervention and interests in motor speech planning disorders, social communication impairments and Autism Spectrum Disorder (ASD). While working with individuals who have ASD from an early age through young adulthood, Danna has seen what an impact direct training in social skills can make on a person's ability to communicate effectively. The benefits are also evident in the ability to relate better to those around them, and function more appropriately and inclusively in school, work, and social settings.

For more information on Danna Kaplan, see [www.milestonetherapy.ca](http://www.milestonetherapy.ca).

## Ramona Thomson, M.S., CCC-SLP

Ramona has been a Speech-Language Pathologist for 20 years and has been in private practice in Winnipeg for 10 years within the Mind Matters Clinic offices. She has worked with both preschool and school age children as well as adults. Ramona spent a 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.

For more information on Ramona Thomson, see [www.mindmattersclinic.ca](http://www.mindmattersclinic.ca)

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

Dr. Moser is a Clinical Psychologist with a private practice in Winnipeg. She has been practicing as a Psychologist since 1986, working with youth and adults. Over the past thirty years she has developed a number of group therapies for children who face a variety of challenges (Anxiety, Anger Management, Negativity, Social Skills deficits, reading skills deficits, Attention Deficit Hyperactivity Disorder). The benefits of the group setting are powerful. It provides an opportunity for us to teach specific skills that members are missing, and then give them a chance to practice in a safe place. From the member's perspective, we find that it is easier to connect deeply with others who experience similar challenges. It is also more comfortable for members to share their experience with others who understand. It is rewarding to see how an individual can feel so much more accepting of their own challenges when they see that all group members have challenges like themselves.

For more information on Dr. Cathy Moser, see [www.mindmattersclinic.ca](http://www.mindmattersclinic.ca)