

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: _____

E-Mail: _____

Phone: (H) _____

(Cell) _____

Method of Payment:

Cash Cheque VISA/MASTERCARD

VISA/MC# _____

Expires: _____

Please check which session you are registering for:

Session #1

November 8, 15, 22, 29 December 6, 13 2024

Session #2

January 10, 17, 24, 31 February 7, 14 2025

Session #3

February 21, 28 March 7, 14, 21, 28, 2025

Session #4

April 4, 11, 18, 25, May 3, & 9 2025

Registration Deadlines:

Session 1: October 25, 2024

Session 2: December 20, 2024

Session 3: February 7, 2025

Session 4: March 21, 2025

MIND MATTERS CLINIC

Assessment and Treatment of Children and Adults

Professional Psychologists, Social Workers, Speech-Language Pathologists and Art Therapists who are trained to assess and treat a full range of emotional, behavioural, academic, and relationship problems.

Also available on premises:

Speech and Language Therapy

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

**Phone: (204) 477-8555
Fax: (204) 487-4248**



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

FRIDAY NIGHTS FOR ADULTS ON THE SPECTRUM



**mind
matters
clinic**

3-1250 Waverley Street
Winnipeg, Manitoba
R3T 6C6

(204) 477-8555
www.mindmattersclinic.ca

Are you bored on
Friday Nights?

Looking to meet
others who like to
have fun?

Come to Friday Night
on The Spectrum – we'll
make sure you have a
good time!

Every Friday Night
(from 5:30-7:00 pm).

We will:

- Learn about your interests and encourage you to share them with others
- Play games (think Across the Board Game Café – only alot less crowded!)
- Listen to music
- Enjoy a few snacks
- Help you learn how to develop friendships that last
- Most importantly – WE'LL HAVE FUN!!!!!!!



Friday Night on The Spectrum provides a supportive setting where individuals with Autism Spectrum Disorder (ASD) can develop essential social and emotional skills. Led by trained clinicians, group sessions focus on improving communication, understanding social cues, and building relationships through role-playing and real-life scenarios. Emotional regulation is also emphasized, with strategies for managing emotions, reducing anxiety, and handling stress, often through mindfulness and relaxation techniques. Periodically and when appropriate, we will also engage in activities outside the clinic to ensure optimal exposure.

The group environment fosters peer support and learning from shared experiences, helping to reduce isolation and promote a sense of belonging. Participants benefit from mutual encouragement and feedback, enhancing self-awareness and self-acceptance.

Participants can gain skills to improve social connections, emotional well-being, and personal growth, leading to a better quality of life for individuals with ASD.



TIMES and DATES

To better understand the unique needs of each participant, we would like to meet with you or have a conversation over the phone prior to the beginning of the group. The intro session is designed to better understand some of your hobbies, interests, and what you would like to gain from the group.

All groups will take place Friday nights from 530-700. Although you can register for multiple sessions, when you register, you must sign up for the six consecutive nights for each session to maximize continuity for all involved. If you decide that the group is not for you after the first two Friday evenings, a partial refund will be offered.

The group will cost \$520.00 for the six sessions. Three sessions will be considered Group Therapy, as a Clinical Psychologist will be in attendance. These sessions will be billed as Group Therapy at **\$160.00** each (**\$320.00 TOTAL**). The other four evenings will be run by Counselors and will be billed at **\$50.00** per session; discounted rates for returning members. The first sessions / phone call prior to the start of group will be billed at our hourly rate - **\$225.00** (this session can be billed under psychological services).

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Individuals with extended Health Care benefits may be eligible for coverage. Check your benefits to determine whether you are covered by a "Registered Clinical Psychologist."

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