

# SOCIAL-RESPITE PROGRAM GROUPS



AUTISM SOCIETY OF THE REGIONAL MUNICIPALITY OF WOOD BUFFALO

## **Social-Respite Kinder**

This group is for children aged 3-5 years-old (typically in ECDP/EEP/Kindergarten). Sessions are 2hrs long with 2-3 children in group and take place in our downtown location and activities include play in Program Room & Sensory Room, walks to local parks and indoor playgrounds, etc.

## **Social-Respite Junior**

This group is for children aged 5-8 years-old. Sessions are 3hrs long, have 3-5 children in group and take place in our downtown location and activities include play in Program Room & Sensory Room, swimming, rock-climbing, parks and indoor playgrounds, Total Ninja Warrior Gym, skating, skate parks, movie theatre, etc.

## **Social-Respite Senior**

This group is for youth aged 8-12 years-old. Sessions are 3hrs long, have 3-5 children in each group and take place in our downtown location. Activities include playing (games that encourage using social skills), bowling, swimming, rock-climbing, Total Ninja Warrior Gym, skate parks, skiing/snowboarding, movie theatre, etc.

## **Social-Respite Life Skills**

This group is for youth aged 12-17 years-old. Sessions are 3hrs long, take place in our uptown location and activities include meal planning, grocery shopping, cooking, simple budgeting, household cleaning, laundry, etc.

## **Social-Respite Friday Friends**

This group is for youth aged 10-14 years-old who have completed PEERS program. Sessions are 3hrs long, take place in either our downtown or uptown location and activities include social activities that encourage youth to practice the skills learned during the PEERS program, as well as going to inclusive community groups at BGC (Limitless Youth) and JSYF.

## **Social-Respite PEERS (Program for the Education and Enrichment of Relational Skills)**

This is a six-week, facilitator led group for youth aged 10-14 years-old (typically grades 6-9). The program teaches youth friendship skills such as making and maintaining friendships, appropriate use of humour, how to handle arguments, rumours, bullying, etc.

All of our Social-Respite groups are organized by age but are flexible dependent on developmental needs of the individual. Please contact Program Director ([programdirector@autismrmwb.org](mailto:programdirector@autismrmwb.org)) for more information about any of the groups.