

ISLAND CLINICAL COUNSELLING

ASD/Social Skill Groups

Groups for Children and Youth

ICC offers regular child and youth specific group programming throughout the year. Child therapists provide groups for children and youth that are inclusive. Groups allow children and youth to receive both connection and support. We use creative methods to engage participants and make them feel comfortable. All groups are neurodivergent and diverse ability friendly. Ages are based on your child or youth's developmental age and fit for group rather than just chronological age.

The following groups are offered throughout the year. [Email Hannah](#) to sign up for:

1. Kidz Connect Level 1 *Ages 3-5 years old*

Come develop and practise important social skills such as sharing, collaborating, and turn-taking in this play-based, social group for kids. Enjoy fun games and activities as we will grow friendships, make memories, and develop powerful skills and abilities to thrive socially!!

2. Kidz Connect Level 2 *Ages 6-8 years old*

Come develop and practise important social skills necessary for peer connection in this play-based, social group for kids. Key areas of focus include initiating play, playing collaboratively, using flexibility in play, understanding social cues, building and maintaining friendships, and navigating conflict. Join us as we make memories and foster connection.

3. Lego Masters *Ages 7-11*

This group provides kids a safe place to get together to problem solve, communicate, enjoy each other's company while creating lego projects independently and as a team. Join this small group to learn skills and have fun while doing it.

4. Artful Masterminds *Ages 11-14*

Join our safe, neurodivergent-affirming environment where members connect with like minded peers who share similar interests and experiences. Learn new skills and let your creativity shine as we learn and grow together. Key areas of focus include anxiety, peer relationships, positive self talk, self compassion, time, and stress management. Build friendships, experiences, and an appreciation of your unique gifts in this gender inclusive space.

There are also some new spring group offerings starting in May. Email [Cat](#) to sign up for:

1. Preteen Connect *Ages 11-13*

A small activity based social group to grow skills to thrive with peers for neurodiverse youth (no diagnosis required). This is a more active group than our Artful Masterminds group. Will run Mondays at 3:30pm.

2. Sibling Support Group *Ages 7-12* and *Ages 13-16*

A supportive environment where we will use expressive techniques and skill based interventions to allow siblings of children who are neurodiverse or have chronic physical or mental health conditions the space to receive support and connection. Will run monthly on Thursdays at 4pm.

Groups for Caregivers

We offer a multitude of online Caregiver Support Groups. These are an opportunity for parents to learn from each other under the guidance of a Registered Clinical Counsellor. This space facilitates new learning and also emphasises to caregivers that they are not alone.

[Email Brittany](#) to sign up for:

- ASD Caregiver Support Group: Supporting your loved one with Autism Spectrum Disorder can involve a lot of emotional and physical energy. Join us in a welcoming and supportive atmosphere for a time of sharing and listening as parents come to encourage and problem solve together. This group is for individuals who have children of any age with ASD or are on the road to diagnosis.

Adult Support Groups

We offer a few online and in person opportunities throughout the year.

[Email Brittany](#) to sign up for:

- Online Adult ASD Group: Island Clinical Counselling is offering monthly drop-in groups for adults who have ASD, those who are pursuing a diagnosis or those who do not have a diagnosis but identify as having ASD. Support groups offer opportunities to come together in a safe and supportive environment under the guidance of a Registered Clinical Counsellor.

Fees and Registration

Child and Youth Groups: \$30 per session; package prices may apply.

Adult and Caregiver Groups: \$40 per session.

Some benefit plans will cover these groups. We can apply for Autism funding for caregiver and child/youth groups.

We can apply to the Variety Charity for funding if your family qualifies.

Registration is easy! Email the clinic at: info@islandclinicalcounselling.ca or call **(778)762-3750** and Press 0 to speak to intake.