

## MEET THE FACILITATORS

Steve Cromer, LCPC has specialized experience and training in working with children and adolescent issues. Steve worked as a therapist in a therapeutic day school setting working with children within the Autism Spectrum. He excels at engaging children and adolescents in the therapy process as well as providing effective support for families whose children struggle with unique needs.



### Areas of Specialization and Experience:

- Autism Spectrum Disorder
- ADHD, ODD, and Behavioral Challenges
- Adoption and Attachment Related Issues
- Family and Couples Therapy
- PTSD and Trauma Related Issues
- Depression and Anxiety Disorder

### Co-Facilitator:



Nancy S Regul is a certified therapeutic recreation specialist. She has been in the field for over thirty years. Twenty of those years were spent working in a therapeutic day school with children and

adolescents who are on the autism spectrum, and those with behavioral and emotional concerns. Her therapeutic approach emphasizes the use of games and activities to address the unique needs of each child.

## JOIN OUR GROUPS!

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## SOCIAL STARS ELEMENTARY-AGED SOCIAL GROUPS FOR BOYS AND GIRLS



- **Kindergarten - 2nd Grade Boys and Girls**
- **4th-6th Grade Girls**
- **Social Thinking Curriculum**



# GROUP APPROACH

The ability to understand and use age-appropriate social skills is vital to social and academic success. Social behavior and academic behavior are highly correlated. Though we learn academics in a highly structured, goal-oriented format, social skills are frequently not systematically taught. Consequently, some children don't develop social competency at the same pace as their peers. This can be especially true for children with ADHD, anxiety issues, Autism Spectrum Disorder, learning disabilities, and other problems. Challenges with peer socialization can lead to bullying, low self-esteem, and depression. Pathways' social skills groups can help map out your child's needs and provide not only a compass, but a set of effective tools for navigating their social world more effectively.

## AGE RANGE

Kindergarten through 5th grade age groups are offered.



***“The goal is to take complicated social learning processes and teach them in a way that social learners of all ages can understand.”***

- Michelle Garcia Winner

## GROUP FORMAT

- Role-play to practice skills taught
- Discussion of Performance
- Practice in Real-Life Situations
- Modeling Appropriate Behaviors
- Giving and Receiving Feedback
- Activities & Games utilized to help learn teamwork and build skills through play

## GROUP GOALS

- Making and Keeping Friends
- Dealing with Peer Pressure
- Using Self-control and Following Directions
- Improving Self-image and Self-esteem
- Thinking Before Acting
- Listening
- Accepting Rules and Consequences
- Goal Setting
- Problem-Solving
- Dealing with Feelings
- Accepting Change
- Communicating Effectively
- Understanding Boundaries
- Empathy and Helping Behaviors



## CURRICULUM OVERVIEW

The Social Skills Curriculum is designed to teach social behaviors in a safe and friendly environment. Each lesson provides a model for children to imitate and activities to practice the skills. The approach is based on Structured Learning, a holistic teaching method that provides a framework for systematic teaching of a skill in a way that is similar to academics. The emphasis is to provide alternative behavioral options to increase effective social interactions.

The curriculum is based on "Think Social: A Social Thinking Curriculum for School-Age Students" by Michelle Garcia Winner and includes structured activities to address real life socialization issues.

**Most insurance providers reimburse for the groups. Pathways Psychology also provides sliding scale fee rates.**