

THEATRE IMPROV: SOCIAL-EMOTIONAL SKILLS GROUP

**FOR AUTISTIC
TEENS**
AGES 14 TO 18

STA is pleased to offer an 8-week theatre improv-based group to support teens with ASD to practice social skills and manage social anxiety in a dynamic setting.

This group is a good fit for teens who:

- Can discuss their thoughts and emotions
- Can independently participate in a class setting
- Can commit to attending at least 6 out of 8 sessions



***IMPROV
GAMES**

***SCENE
CREATION**

***CREATIVE
EXPLORATION**



PARTICIPANTS WILL LEARN:

- Perspective taking
- Cognitive flexibility
- Listening skills
- Social-emotional skills
- Social & self awareness
- Self-management skills
- Mindfulness/coping skills



AND MORE!

FALL 2021

4:30 TO 6:00PM

**THURSDAY OCTOBER 7 TO
THURSDAY DECEMBER 2***

***NO CLASS THURSDAY NOVEMBER 11**

**LOCATION: TBD - TO BE HELD IN-
PERSON IN CALGARY, AB**

Sessions facilitated by a Psychologist
and a Speech-Language Pathologist



COST

\$20.00 PER WEEKLY SESSION*

***\$160.00 TOTAL**

Registration will be on a first-come,
first-serve basis

TO REGISTER

Email: counselling@sta-ab.com

VISIT OUR WEBSITE AT AUTISM.CA