Social Skills Groups: Are they appropriate for my child?

The Children’s Autism Center currently offers social skills groups for children and teens ages 5 – 18. Children are grouped by age with children of similar abilities and needs. Groups meet one evening per week in 10-week courses. Specific skills, determined by parent surveys, are practiced each week with guidance from trained CAC staff.

Children who are most likely to benefit from a social skills group are as follows:

* Presence of functional vocalizations (e.g., answers questions when asked)
* Toilet trained
* Deficits in more advanced social skills, such as:
  + Difficulty forming and maintaining relationships with same-age peers
  + Difficulty understanding others’ perspectives or emotions
  + Difficulty regulating own emotions when upset
  + Lack of conversation skills
  + Difficulty with taking turns or playing group games

\**Please note: CAC staff are not trained to provide traditional therapy techniques (e.g., talk therapy, CBT, play therapy), and highly verbal children who suffer from comorbid anxiety or depression, disruptive behavior disorders, or obsessive-compulsive tendencies will be referred to a more appropriate service.*