

The ALCDSB ABA Skills Development Program is excited to offer...

Virtual Emotional Regulation Groups!



What is the ABA Skills Development Program?

ALCDSB is offering a **free virtual** group program in the area of **emotional regulation** to students diagnosed with Autism Spectrum Disorder. The program will focus on teaching a variety of skills related to emotional regulation using the principles of applied behaviour analysis (ABA). Students in grades K-12 are encouraged to apply if they would benefit from this virtual service.



What are some skills that the students will focus on in the program?

- Accepting No
- Identifying Triggers
- Identifying and Expressing Feelings
- Using Coping Strategies
- Perspective Taking
- Mindfulness

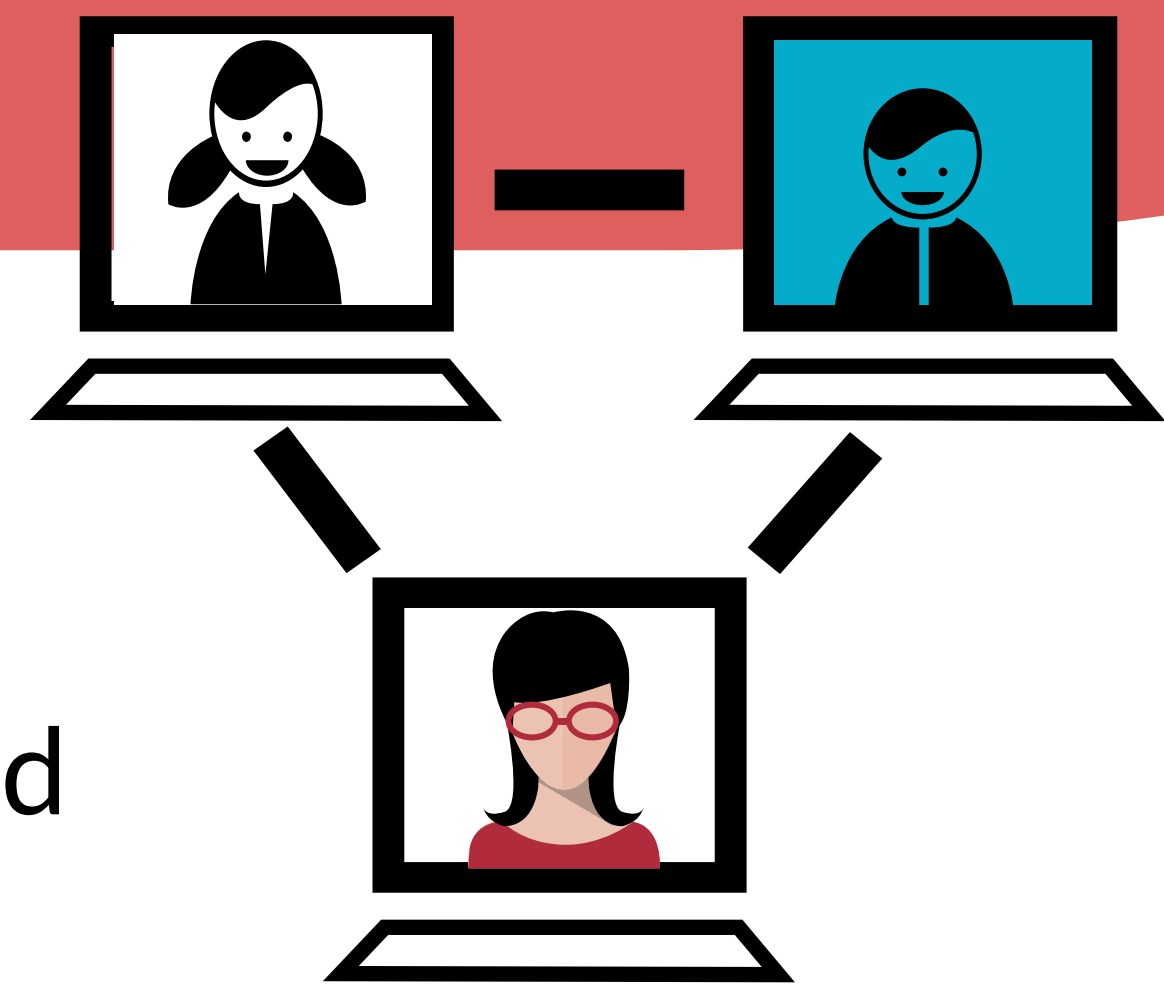


Who can apply?

Students diagnosed with Autism Spectrum Disorder, aged 3 to 21, of the Algonquin and Lakeshore Catholic District School Board. Programming will be developed based on age and skill. Students who are engaging in both remote learning and in-person learning are eligible to apply to the virtual program.

When and where:

- **Virtual groups** will be offered on week nights between January - June 2022 after school hours.
- Students will receive 6 virtual group sessions over a 3 week period (2 nights per week)



Scan



Or

Click here to apply

To submit an application for your child/youth to participate in the emotional regulation group, complete the Microsoft Form by clicking the link above or scan the QR code using the camera of your smart phone. **Applications are due January 21, 2022.** Spaces in the group are not guaranteed.

Need more information?

Contact:

 ABAgroups@alcdsb.on.ca
 613-354-2255 ext. 496



Algonquin & Lakeshore
Catholic District School Board