

# The Friends Program Groups (2020-2021)

· September 15, 2020 through May 18, 2021 ·

**The Friends Program** is a therapeutic group program designed to address the developing needs of children with Asperger's Disorder/High Functioning Autism Spectrum from kindergarten through middle school and their parents. Many of these children initially presented with ADHD, Anxiety, and Depression.



## Thriving in the Social World

Our focus is the relational world of kids on the Spectrum by helping them learn how to connect with peers, parents, and teachers and experience skills that are crucial for their ability to thrive in the social world.

## Putting Words into Action

Communication activities, group art projects, stories, and games are utilized as a way of exploring, practicing, and understanding feelings and behavior. Key to this is:

- Understanding and integrating perspective taking into the children's social behavior
- Learning to recognize how they feel.
- Understanding how they show their feelings
- Exploring how others interpret their feelings
- How they interpret the feelings of others - e.g. the social circle and empathy

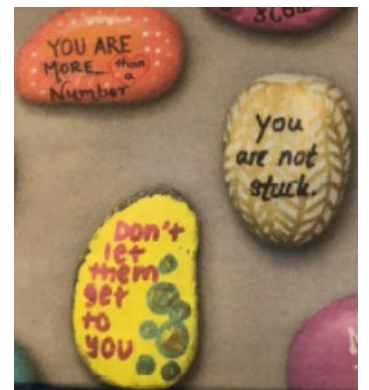
## Groups

The **K—2nd Grade Group**  
(Not meeting due to COVID-19)

The **3rd—5th Grade Group**  
(Tuesdays from 4:00 - 5:15 pm)

The **Middle School Group**  
(6th—8th Grade)  
(Tuesdays from 6:15 - 7:30 pm)

Character Emotions Chart			
 angry	 bored	 confident	 confused
 disappointed	 guilty	 happy	 hurt
 interested	 jealous	 nervous	 sad
 scared	 satisfied	 surprised	 thoughtful



**Cost:** The 75-minute groups are \$165 per session for the child and parent(s).

**Location:** Due to COVID-19, the groups will be conducted virtually.

To sign up for the Friends Program, visit  
<https://www.drleventhalbelfer.com/intake-forms.html>.

Download & complete [the Friends Program Consent Form](#).  
If you are a new client, please also fill out [the Children's Intake Form](#).

For questions, contact Dr. Laurie Leventhal-Belfer  
at [dr.laurielb@gmail.com](mailto:dr.laurielb@gmail.com) or 650-322-4431.