

The Friends Summer Program 2021

UP IN THE AIR!

How to keep your cool and be more flexible
in times of uncertainty and change

The Friends Summer Program is a therapeutic group program designed to address the developing needs of high-functioning children and middle school students on the Autism Spectrum who are challenged by:

- Social communication and interaction with peers, engagement in unstructured play or activities with peers, emotional regulation, empathy, and sensory regulation.
- Coping with the daily challenges of school, adapting to unpredictable changes in schedules such as being flexible, making transitions between classes and activities and participating in group activities.



Requirements: Each child must have been evaluated. Many of our clients have ASD and ADHD, Anxiety, and Depressive Qualities. New children must have an intake interview which provides parents a chance to ask questions and for our staff to see if the child is a good match with other participants.

The Parents Group: Parents play a key part of the program and are required to participate in the Parent's Group that meets at the same time.

Registration: To sign up for the Friends Summer Program, visit <https://www.drleventhalbelfer.com/summer-program.html>. Download & complete the [Friends Summer Program Application](#). If you are a new client, also fill out the [Child's Intake Form](#), the [Email Authorization Form](#), and the [Friends Program Consent Form](#). If you have questions, contact Dr. Laurie Leventhal-Belfer at dr.laurielb@gmail.com or (650) 322-4431.

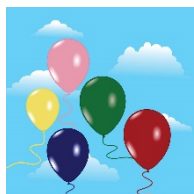
Registration forms are due by June 15, 2021. Payment is due at the first session.

Cost: The program is \$1000 for each group. To ensure stronger coverage the groups are coded as a family session with clients on a coded bill that parents can submit to their insurance plan.

Important COVID-19 Related News: Due to the decrease of COVID cases in CA, the group will return to in-person participation. We plan to hold both the children's and parents' groups outside. Parents who have been vaccinated will not be required to wear masks. Children will be required to wear masks as will the group leaders.

Our goal is to explore the coping skills that may have been stressed as these kids navigated the world during the COVID lock-down and make the transition back to a more open, social world.

The group will use art, bubbles, balloons, games, and shared vocabulary to help the kids develop:



- More adaptive ways of coping with stress.
- Shared vocabulary & understanding of their own & the feelings of others.
- How to navigate changing social situations.
- Develop a party that applauds coping with change.



The Middle School Group will also include exploring the process of acquiring a new skill: juggling.

Groups

The School Age Group

(Entering 3rd—5th Grade in the Fall)
Tuesdays, July 6 — July 27, 2021
4:00 - 5:30 pm

The Middle School Group

(Entering 6th—8th Grade in the Fall)
Tuesdays, July 6 — July 27, 2021
6:30 - 8:00 pm