



TEEN SOCIAL +

Building Connection, Communication, Confidence & Real-Life Social Skills

About the Group

Teen Social + is a 10-week small-group program designed to support teens in developing social skills, confidence, and meaningful peer connections. This group provides a safe, supportive, and inclusive environment where teens can practice real-life social interactions through structured activities, collaborative planning, games, outings, and celebrations.

Participants will have opportunities to strengthen communication skills, practice teamwork and flexibility, and build friendships while engaging in fun, age-appropriate activities.

Each session includes guided group discussion, hands-on activities, and opportunities for shared experiences and connection.

Led by Skilled and Supportive Clinicians

This group is co-led by:

- **An Occupational Therapy Assistant (OTA)** – supporting self-regulation, sensory needs, planning and routines.
- **A Communicative Disorders Assistant (CDA)** – supporting expressive and receptive language, social communication, and conversation skills.

Both clinicians are supervised by a **registered Occupational Therapist (OT)** and **Speech-Language Pathologist (SLP)** to ensure high-quality, evidence-informed programming.

This group costs \$1200 for the 10-week session, and is OAP eligible.



Group Goals

- Build confidence and a positive sense of self
- Strengthen social communication and conversation skills
- Practice cooperation, teamwork, and flexibility
- Foster meaningful peer relationships
- Support independence through planning and decision-making

Activities Include

- Cooperative games and group challenges
- Creative and hands-on crafts
- Guided group discussions
- Planning and organizing outings and events
- Community excursions and celebrations

Screening and Eligibility

Group Ages: Teens (13+)

This group is best suited for:

- Neurodivergent teens with minimal/low support needs
- Teens looking to build social confidence and peer relationships
- Teens who benefit from structured social opportunities
- Teens who enjoy group activities, games, and outings

To ensure our group therapy sessions are a good fit, each participant must complete a **pre-registration screening**, which includes:

- A review of a completed intake questionnaire
- A review of the participant's current IEP and any relevant reports



Achieve Therapy Centre

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- A 15-minute virtual meet-and-greet with one of our group facilitators (attendance by both the parent/guardian and the participant is required)