



Craft and Connect!

A welcoming, hands-on crafting group designed specifically for neurodiverse participants aged 8 to 14+. This inclusive space fosters creativity, self-expression, and social connection through engaging, sensory-friendly art and craft activities. Each session is guided by an OTA and a CDA who understand and support diverse learning styles and sensory needs. Participants are encouraged to explore their unique talents in a calm, structured, and empowering environment.

<u>Program Details</u>	<u>Therapeutic Goals</u>
<ul style="list-style-type: none">• Length: 6 weeks• Session Length: 90 minutes per session• Group Size: Small group of 4–5 participants• Ages: Two cohorts:<ul style="list-style-type: none">○ Ages 8-12○ Ages 13+• Funding: Eligible for OAP (Ontario Autism Program) funding <p>Each session will follow a structured routine that promotes communication, collaboration, creativity, and social interaction. Each small-group session features a fun hands-on craft, including a selection of the following:</p> <ul style="list-style-type: none">• Pinata• Marble Painting• Collage• Mosaics• Shrinky-Dinks• Clay• Soap Making• Beading• Pot Painting	<p>This group is co-led by an Occupational Therapy Assistant (OTA) and a Communication Disorders Assistant (CDA).</p> <ul style="list-style-type: none">• Fine motor skills (cutting, glueing).• Self-regulation and following routines.• Executive function (planning, sequencing, time management, initiation).• Turn-taking, sharing, requesting, following and giving directions.• Using descriptive and functional language (ex. Giving compliments, commenting, describing).• Teamwork and social interaction during functional tasks.• Perspective taking and collaboration.• Flexible thinking and problem solving.

Screening and Eligibility

- This group is best suited for neurodivergent youth with minimal/low support needs



Achieve Therapy Centre

Occupational Therapy | Speech Language Pathology | Physiotherapy

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

- A review of a completed intake questionnaire
- A review of the participant's current IEP and any relevant reports
- A 15-minute virtual meet-and-greet with one of our group facilitators (attendance by both the parent/guardian and the participant is required)

Want to Learn More or Register?

Contact us at:

Achieve Therapy Centre, 1 Centrepointe Dr Suite 310, Ottawa, ON K2G 6E2

(613) 680-1780

groups@achievetherapycentre.com