# Spring 2020 Socials Skills Group Specifically for Girls Ages 12-15
## with Autism Spectrum Disorder (and related disorders)
Group Facilitator: Lila Kopelioff Kimel, Ph.D.

**Sessions run for 10 weeks on Thursdays from 4:30-6:00 p.m., starting on 3/26/20 to 6/4/20**

Kimel Psychological Services is proud to announce our Adolescent Social Skills Group for high functioning adolescent girls (with verbal fluency) who are in middle and high school (ages 12-15), with diagnoses on the autism spectrum and other related disorders (i.e., NVLD). Please consider this great opportunity to work on important social and life skills and enjoy making friends. Skills to be introduced (**based on the goals and priorities of the group):

- Self-Advocacy/ Understanding our Strengths and Weaknesses
- Girl Teasing and Bullying
- Telephone Skills/Making Plans
- Abuse Prevention and Safety Skills
    - Appropriate Touch
- Public/ Private Behavior
- Hygiene
- Dating and Talking to Boys
- Social/Politeness skills (at restaurants)

- Coping with Anxiety, Emotion Regulation and PMS
- Puberty
    - Body changes/ Body Image
    - Bras
    - Menstruation
    - Shaving
    - Handling Gynecological Exams
- Dealing with Rumors and Embarrassing Moments

**About the group:**
- Dr. Kimel previously ran groups through JFK Partners and Developmental FX, as well as in her own practice. Her extensive clinical experience ensures that this is a productive, meaningful and effective group.
- Regular attendance is imperative in order to promote a sense of comfort and continuity among group members. (No more than 2 sessions can be missed in the 10 week program.)
- 3 of our sessions will be community outings, and will require an additional $20 to $30 for each teen to have for expenses. In two of the sessions we will meet in a public place (e.g., a mall) or other social gathering place of the teens' choosing, and at the last session, we will have a dinner out at a restaurant and the session will last until 6:30 p.m.
- Payments for center-based sessions cover a snack and a small reward at each session.

**Parent Participation Required:**
Participation from parents at every session is *required.* During structured center-based sessions, leaders meet with parents in a separate room to discuss ways to assist their teens with social skills and any homework assigned for the week while the teens meet with their group leaders. Parents reunite with teens for the last 10 minutes of group to discuss upcoming practice-opportunity assignments for the week.

**Ages:** 12-15 years old. This group is designed for female middle and high school students and their parents. The students should have a diagnosis of a high-functioning autism spectrum disorder (or other related diagnoses with significant social difficulties) and need to be verbally fluent. The group will hold a maximum of 9 teens, given space restrictions.

**Cost:** $110 a session for structured sessions, for 10 weeks (Payable in two installments. Self-pay and Kaiser (with prior-authorization, and with copays paid ahead of time). Group participation can be paid for with cash or check made payable to Kimel Psychological Services.

**Time:** Thursdays from 4:30-6 p.m., starting on **3/26/20 to 6/4/20** (with breaks in between for bad weather or holidays)

**Location:** Group outings will take place at designated meeting spots in the community and structured groups take place at Kimel Psychological Services, LLC, 2121 S. Oneida St. Suite 540, Denver, CO 80224

**Steps for Enrollment:**
1. Call Lila Kopelioff Kimel at 303-369-1777 to complete a 10-minute phone screening to determine if your teen would benefit from the program.
2. Come in (parent and child) for a 30-40 minute intake appointment with one of our clinicians to discuss individual goals and priorities for your child's treatment (at no additional cost).
3. Complete enrollment packet that is mailed to you, along with a $50 deposit that applies to the costs of the class, and return to Dr. Kimel in order to hold your spot.

Questions about the group can be directed to Dr. Lila Kopelioff Kimel at 303-369-1777