

Summer 2015

Simply Social Kids @ One Industrial Way, Tyngsboro

Social Groups: Simply Social Kids offers social skills groups in an accepting, welcoming, environment where kids make social connections and form lasting friendships. Simply Social Kids programs are successful in teaching participants age 5-17 skills that are easily generalized into other environments. The social skills programs infuse a combination of Social Thinking lessons, Collaborative Problem Solving (CPS), and in-the-moment social coaching delivered in an unstructured, recess-like environment. Children are taught strategies to develop optimism and resilience while managing anxiety.

Please check each box to indicate that you understand and comply with the participation requirements for (Child's Name)_____:

- My child does not require one-on-one adult attention for safety or participation in a group of 8-10 participants**
- My child does not have a current history of physical aggression toward others or having to be restrained for aggressive or bolting behaviors**
- My child is fluent in their use of language and refrains from using profanity**
- My child is interested in socializing with others**
- My child is able to independently take care of restroom needs**
- My child does not have any history of mental health issues or psychosis as we are not mental health providers**
- I understand that if the program is not a good fit for my child due to the any of the reasons above, a refund will not be given**
- I understand no refunds are given for missed groups**

Signature_____Date_____

Participation requirements are for the safety of the children. Simply Social Kids staff are not trained to address issues of physical aggression toward others. We are not mental health professionals as we are social skills coaches. Contact us if you're uncertain about the participation requirements to discuss your situation.

Summer program payment is due in full to reserve the slot for you child. All new families pay a one-time \$50 registration fee.

To complete registration, contact Nadine Briggs for an intake phone call so we may determine if the Simply Social Kids program meets your child's needs.

Mail completed registration form and complete payment:
Nadine Briggs, Director, Simply Social Kids
One Industrial Way, Unit 4, Tyngsboro, MA 01879
978-764-2758 - nbriggs@simplysocialkids.com



Photo Use Authorization

Yes, I **grant** permission for Simply Social Kids to photograph _____ to be published on social media (ex. Facebook) and other marketing vehicles such as brochures, postcards and web sites.

No, I **DO NOT** grant permission for Simply Social Kids to photograph _____ to be published on social media (ex. Facebook) and other marketing vehicles such as brochures, postcards and web sites.

Photo authorization is completely optional

Parent/Guardian Signature _____ Date _____

Pick Up Permission

The following people have permission to pick up my child from group (include spouse):

Name _____

Name _____

Name _____

Parent Signature _____ Date _____

Photo ID's will be required

Summer Program Descriptions 2015

One Industrial Way, Unit 4, Tyngsboro, MA 01879

Monday	Tuesday	Wednesday	Thursday	Friday
Social Group June 29 – August 3 Coach: Nadine Briggs Ages 5-7: 3:00 - 4:30 Ages 8-11: 4:45 - 6:15 Ages 12-17: 6:30 - 8:00 6 Weeks \$295	Social Group June 30 – Aug 4 Coach: Nadine Briggs Ages 5-9: 3:00 – 4:30 Ages: Girls 10-12: 4:45 - 6:15 Ages 12-17: 6:30 – 8:00 6 Weeks \$295 Minecraft Group Coach: Norah Lasorsa Ages 8+: 10:00 – 12:00 6 Weeks \$150	Social Group July 15 - August 19 Coach: Norah Lasorsa Ages 5-7: 3:00 – 4:30 Ages 8-11: 4:45 - 6:15 Ages 12-17: 6:30 – 8:00 6 Weeks \$295 Coping & Calming Club Coach: Norah Lasorsa Ages 10+:9:30 – 11:30 6 Weeks \$380 Personal Power & Kindness Club Coach: Norah Lasorsa Ages 10+: 12:00 – 2:00 6 Weeks \$380	Social Group July 16 - August 20 Coach: Norah Lasorsa Ages 8-11: 5:00* – 6:30 6 Weeks \$295 Minecraft Group Coach: Norah Lasorsa Ages 8+: 10:00 – 12:00 6 Weeks \$150	Social Group July 17 - August 21 Coach: Norah Lasorsa Ages 5-7: 4:00* – 5:30 Ages 8-11: 5:45 – 7:15 6 Weeks \$295 Personal Power & Kindness Club Coach: Norah Lasorsa Ages 10+: 9:30 – 11:30 6 Weeks \$380 Coping & Calming Club Coach: Norah Lasorsa Ages 10+: 12:00 – 2:00 6 Weeks \$380

New families also pay a \$50 non-refundable registration fee

*later start for working families

Sign up for both Coping & Calming AND Personal Power & Kindness Clubs! Send your child with a bag lunch and enjoy a 25% savings!
 Both programs \$570!

Do you have questions about any of these programs? Let's chat!

Nadine Briggs, Simply Social Kids

978-764-2758 - nbriggs@simplysocialkids.com

Coping & Calming Club:

In the Coping & Calming Club, kids will learn:

Coping Skills - kids will learn to understand what causes anxiety, how it manifests in thoughts, feelings and behavior and they will learn powerful strategies to manage stress.

Mindfulness - Kids will begin to understand how to calm their minds and bodies by learning mindfulness techniques.

Personal Power & Kindness:

In the Personal Power & Kindness Club, kids will learn:

Personal Power - their choices make them powerful. They will examine feelings and how to manage very strong feelings while gauging their reactions to situations.

Stick Up for Themselves - kids will learn how to stick up for themselves in a productive, friendly manner. They will be given language to use in such situations and practice through role playing.

Random Acts of Kindness - practicing random acts of kindness is an excellent way to promote self-esteem. In the club, kids will have weekly kindness tasks.

Minecraft Club:

Kids will need to have a Minecraft account and bring their own laptop or tablet with power cables.



FREQUENTLY ASKED QUESTIONS

Which children benefit most from your programs?

Simply Social Kids offers social skills programs for children with mild to moderate social challenges. Our programs are language-based, so children must have good receptive and expressive language skills and be able to participate. Our programs offer both guided and learning experiences as well as unstructured time to replicate the times of day that are hardest for kids, recess, lunch etc.

What approach(es) do you use?

We draw from several different approaches including Collaborative Problem Solving and Social Thinking methods (www.socialthinking.com) including Superflex characters for kids ages 11 and under. Director, Nadine Briggs, has dual graduate level certifications in coaching children and teens and coaching children and teens with ADHD. Methods from that education are used as needed to meet the needs of the children in group. We do not offer ABA and can refer families for that approach if needed.

What do I tell my child he or she is going to be doing?

We recommend that you simply tell your child that they will be trying out a new after school activity and let us do the rest! Attending our open house and orientation will allow your child to visit and become comfortable in our space prior to participating in our programs. For teens, we suggest telling them that they are there to interact with other teens and learn relationship skills needed to be a successful adult.

How do I know how my child is doing?

Facilitators debrief parents in the last 10 minutes of group. If you have specific questions about your child's progress, please feel free to e-mail or call. We also encourage you to send us specific information on anything your child might be struggling with socially so that we can help support him or her.

How long before I see improvement in my child's ability to socialize?

Every child is different in terms of how long it will take before improvements are apparent. Some kids may need a little social tune-up and others may be in need of support for the long term. Generally, when children meet the guidelines for success, they improve and graduate from the program. It's difficult to predict how quickly a child will learn and generalize so we are unable to provide a definitive answer for any individual child.

Do all the children have a diagnosis? Will my child learn behaviors from other children?

Our goal is to provide the most natural peer setting possible for kids to learn and practice social skills. Our program is similar to other after school activities, but offers an extra layer of social support. Many of our friends do not have a documented diagnosis, and are with us for guidance around friendship skills. However, we welcome children who have been identified as having profiles including ADHD, Asperger's, or Social Anxiety. If a child has more pronounced special needs and requires a lower coach-to-child ratio and a shorter group, we offer Simply Social Starters to support those needs. If a child requires more intensive support around behavior, we are happy to assist a family in locating the right resources for their child.

Are there children who do not benefit from your programs?

Just like any program, we're not for everyone. We are social educators, not counselors, and cannot provide mental health services. We recommend a traditional therapeutic setting with licensed counselors for kids who struggle with significant aggression, bolting behaviors, oppositional defiant disorder or other related disorders that might cause a safety risk for your child.

My child pushed someone on the playground - is that what you mean by aggression?

No. We completely understand that sometimes a child will have an isolated incident and mildly and briefly lash out in frustration. If you have any questions about this particular issue, please feel free to contact us to discuss your child's specific needs.



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How do I get my child enrolled in your programs?

New friends are accepted into our programs each month if space is available. You're welcome to attend an open house or contact us for an appointment. Parents should plan on attending one of these sessions (with your child) before being enrolled in our programs or participating in activities in order to help you make a fully informed decision and for all of us to make sure it's a good fit for your child. Registration also requires a conversation with the program facilitator.

What is your professional background?

Nadine Briggs, Director of Simply Social Kids, is an accomplished social educator. Nadine has expertise and certifications in bullying and cyberbullying prevention, dual graduate level certifications in Coaching Children and Teens and Coaching Children and Teens with ADHD, she is a certified Sibshop facilitator and has been trained by the Child Anxiety Network at Boston University. She uses collaborative problem solving to teach children conflict resolution and is able to communicate social coaching in a simplified manner to children of all abilities. All her programs have elements to teach learned optimism, resilience and improve self-esteem. Her life has been dedicated to teaching social awareness since 1996 when her daughter was born with Down syndrome. Parenting a child with challenges provided a fertile learning environment with which to teach children how to manage complex social situations. Nadine also created a daily living skills curriculum for middle school kids through adult and facilitates those classes in various locations. Nadine co-authored two books, *How to Make & Keep Friends: Tips for Kids to Overcome 50 Common Social Challenges* now available on Amazon.com and *How to Make & Keep Friends: Helping Your Child Achieve Social Success* coming soon.

Are your services covered by insurance?

No, we cannot bill insurance companies for services as we are not therapists. We operate very much like tutors, only we don't teach math skills, we teach people skills. However, some families have been successful in having our services reimbursed through employer Flexible Spending Accounts and others have been able to receive grants through other organizations. We strive to keep our tuition costs (when broken down) in the range of an average insurance co-payment or tutoring fee.

How does tuition work?

Tuition for our social educational programs is billed for a 4-week month. In the case of a missed class we unfortunately cannot offer a refund but we can offer make-up opportunities at other programs during the same month. Summer program payments are due in full on first day of the session.