

**TENDER ONES
THERAPY SERVICES**



www.tenderones.com

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Social Groups Resource Manual

This resource manual was developed as a resource to the community. Please note, inclusion in this resource manual does not constitute endorsement by Tender Ones Therapy Services. Those utilizing this resource manual should personally assess organizations to evaluate services and facilities. It is strongly advised that parents and guardians check references for resources listed. In addition, we believe that information supplied is generally correct; however, we do not assume any responsibility for its accuracy.

Atlanta Speech School

The Atlanta Speech School offers a research based social skills group to help children improve their interpersonal relationships, social communication skills, and problem-solving abilities. The social groups meet weekly and are ran by psychologists using a Skillstreaming approach. Skillstreaming is a four part training approach focusing on modeling, role playing, performance feedback, and generalization to teach prosocial skills. Skillstreaming has been used in many research articles and has been proven to have significant results. The program is available for children from ages four until fifth grade. Each program consists of a program book, skill cards/posters, lesson plans, and videos appropriate for each specific age level. Group placements are made based on the child's skill level and can vary from four to six children per group. The programs are tailored to address and work on friendship-making and school related classroom survival skills, dealing with feelings, alternatives to aggression, and dealing with stress.

Contact Information:

Dr. Toi Curry

3160 Northside Parkway NW Atlanta, Georgia, 30327

Phone: (404) 233-5332

Email: tcurry@atlantaspeechschool.org

Website: <http://www.atlantaspeechschool.org/socialskills>

Research articles on Skillstreaming can be found at

https://www.researchpress.com/sites/default/files/books/addContent/5187-research_0.pdf

Beyond Words

Beyond Words is a Psychological center that is known for their Social groups for children, adolescents, and parents. Beyond Words offers a weekly social skills group (1 hour sessions) for ages four and older. The groups are assigned based on similar needs, ages, and availability. There is a social skills evaluation which needs to be completed before a child is placed in a group. Beyond Words has teamed up with Emory University to further research social skill difficulties in children, as well as the effects of participation in their program on the child's social skills.

Contact Information:

Main Office:

1762-B Century Blvd, Atlanta, GA 30345

Satellite Location:

800 Old Roswell Lakes Parkway, Suite 120, Roswell, GA 30076

Phone: (404) 633-0250

Email: admin@beyondwordscenter.com

Website: <http://beyondwordscenter.com/>

Camp Friendship

Camp Friendship is for students who would like to improve their social functioning in a fun and exciting environment. Camp is designed to help students through the use of direct instruction, role-playing, discussion, modeling, and participating in outdoor and indoor group games and activities. Camp focuses on the skills of managing emotions, teamwork, reading social cues, self image, self awareness, and communication skills. Camp Friendship holds multiple 5-day camp sessions each summer.

Contact Information:

Parkaire Consultants, Inc.

4939 Lower Roswell Road, Building C Suite 201, Marietta, GA 30068

Phone: (770) 578-1519

Email: mjtrotti@parkaireconsultants.com

Website: <http://parkaireconsultants.com/services/camp-friendship/>

Clay White, LLC

Clay White, LLC offers therapeutic programs that are sensory driven and activity based. Clay White, LLC is made up of many Masters level professionals dedicated to providing additional therapeutic services to children already receiving Occupational Therapy, Physical Therapy, and/or Special Education services. The staff has an in-depth understanding of developmental issues and how they relate to socialization, group awareness, and self-esteem. Clay White, LLC provide programs for children with learning disabilities, dyslexia, as well as those with Asperger's and Autism. Some of these programs include Weekend Warriors (an overnight experience), Outdoor Sensory Adventures, Social Club Programs, Occupational Therapy Sensory Integration Summer Day Camp, and PEOTSI Sports.

Contact Information:

Clay White, LLC

PO Box 567042, Atlanta, GA 31156

Phone: (770) 393-3939

Email: j.clay.white@gmail.com

Website: <http://www.claywhite.us/index>

Extra Special People Incorporation

ESP is an incorporation founded in 1986 by Martha Wyllie, a woman with a passion for children with special needs and a desire to provide an affordable environment where children and young adults could go where the focus was not on their disabilities but their “different abilities.” Their goal is to enhance the lives of individuals with disabilities by providing a variety of services throughout the year. ESP has a policy of turning no child away, and works with individuals with behavioral disorders, cerebral palsy, down syndrome, autism, fetal alcohol syndrome, and Spina Bifida just to name a few. Their mission is “to empower children with developmental disabilities to cultivate skills, self-confidence, and relationships through recreational therapy, community involvement, and the arts. With the support of volunteers and donors, the ESP team gives participants and their family’s acceptance, hope, and the opportunity to not just survive, but to thrive.” Appointed executive director, Laura Whitaker, who has exponentially increased the programs offered and the participants in the past couple of years, now runs ESP. There are year round programs and events offered for children and their families including fall festivals, club carousel, no kids allowed (a group for children 16 and older), summer camp, and family support groups.

Contact Information:

189 VFW Drive, Watkinsville, Ga 30677
 Phone: (706) 769-9333
 Website: <http://extraspecialpeople.com/>

FOCUS

Focus is a nonprofit organization that has been serving families with children that have disabilities since 1983. Focus’ mission is “to understand and support the unique needs of families with children who are medically fragile or have significant developmental or physical disabilities.” Focus’ belief is that “if a child has special needs then the family has special needs” and they want to provide additional resources that help make the families journey easier. Focus offers several social and recreational programs for children, teens and young adults, as well as groups that provide comfort, hope and information for the parents and family. Some of these programs include monthly social activities, overnight camps, annual retreats, fins adapted swim team (FAST), family camps and groups, monthly parent support groups, and several other resources. Focus has a large board of directors and advisory staff that include medical doctors, physical therapists, parents, and other knowledgeable members to provide an organization to best serve metro Atlanta families.

Contact Information:

3825 Presidential Parkway, Suite 103, Atlanta, Ga 30340
 Phone: (770) 234-9111
 Email: inquiry@focus-ga.org
 Website: <http://www.focus-ga.org/> (brochure available on website)

Inneractions Therapy and Services, LLC

Inneractions Therapy Services is a therapeutic counseling service for children and adolescents. They have experience with children with ADHD, Asperger's, Autism/PDD, ODD, as well as other diagnoses. Their goal is to "create a safe, accepting, and supportive and ACTIVE environment to build trust and to learn, and practice more healthy and positive ways to think about oneself and interact with others." The social skills group offers sessions that meet once a week after school, for an hour, throughout the entire school year. It is for children ages 3-25 and consists of 3-6 individuals in a group. The groups are formed with pairing children of similar ages and similar therapeutic goals with a focus on taking action and staying active to promote changing behavior patterns. Inneractions Therapy Services utilizes exercise and "talk therapy," which has proven extremely successful in reducing behavioral symptoms related to anxiety, ADHD, mood disorders and more (Dr. John Ratey's book "Spark" discusses these in detail). Throughout group therapy, therapists also observe children using Dr. Irvin Yalom's 11 Curative Factors of Agents of Change: universality, imparting of information, altruism, and development of socializing techniques, imitative behavior, interpersonal learning, and group cohesiveness.

Contact Information:

Inneractions Therapy Services, LLC

1640 Powers Ferry Rd

Building 2, Suite 150

Marietta, GA 30067

Phone: (770) 726-9624

Email: info@myinneractions.com

9810 Medlock Bridge Rd

Building B, Suite 105

Johns Creek, GA 30097

Website: <http://www.myinneractions.com>

Learning on the Log

Learning on the log is a nonprofit organization that provides programs that emphasize social skill building through recreational and movement centered environment. Their mission is "to emphasize social skills building within sensory and play based interactions. Each child participates in a variety of active programs in order to improve his or her communication, interaction, and relationship skills. We believe that the supported practice and development of meaningful social skills will enhance each child's confidence and self-worth. Ultimately, generalization of these new skills will lead to more success with other family and peer relationships." Learning on the Log was founded in 2001 and partners with several local Occupational therapists and mental health clinics to provide programs for autism, Asperger's, ADHD, sensory integration disorder, developmental delay, and various anxiety disorder ranging from ages 2-30 years old. Some of the programs offered are summer camps, after school programs, weekend sports, and birthday party events.

Contact Information:

230 Hammond Dr. Suite 330, Sandy Springs, Ga 30328

9 Dunwoody Park, Suite 133 Atlanta, GA 30338

Phone: (678) 561-7589

Email: info@learningonthelog.com

Website: www.learningonthelog.com/home.html

Outdoor Rec. Adventures, Inc.

Outdoor Rec. Adventures, Inc. programs provide exciting and challenging learning opportunities for children with various developmental constrictions such as ADD, ADHD, Sensory Integration Delay, Autism, PDD, PDDNOS and Asperger's Syndrome. The programs utilize Dr. Stanley Greenspan's DIR (Developmental, Individual-difference, Relationship-based) framework, including various natural settings, community resources, and family participation. The incorporation was founded and is directed by Christopher A. Zelski who help create their programs with a mission to strengthen each child's relationship with the world around him or her as well as his or her physical, social and emotional development and health. ORA teams up with other organizations, schools, and private therapy clinics to create productive and stimulating settings including hiking, swimming, team building activities, and team sports to create an environment that physically, mentally, and socially challenge each child in a fun manner.

Contact Information:

Christopher A. Zelski

Phone: (678) 358-0097

Email: chris@outdoorrecadventures.com

Website: <http://www.outdoorrecadventures.com/>

Shenanigans

Spectrum Arts, Inc. (Shenanigans) is an applied theater program for children and adults with Asperger's Syndrome, high-functioning autism, or a related pervasive developmental disorder. Shenanigans is about improving communication by helping children be flexible, open to new ideas, adapt to change, understand context, and make friends. Shenanigans uses the techniques of improvisational theater to help children address social challenges and rigid thinking. Shenanigans helps children practice social communication skills in a safe and accepting environment and have fun! Classes are active in many locations around the metro Atlanta area.

Contact Information:

Executive Director, Founder Sandy Bruce

Phone: (770) 354-5770

Email: Sandy@ShenanigansImprov.com

Website: <http://www.shenanigansimprov.com/index.html>

Social Skills Today

Social Skills today is a program that provides opportunities for families of individuals who have Autism Spectrum disorder and Asperger's Syndrome as well as social, communication, sensory, and behavioral needs. The program is directed by Mary J O'Connell who has worked in the Gwinnett County public school system for over seventeen years and has experience working with a variety of children with different abilities, specifically Autism. Social Skills Today has developed each program's curriculum based on the unique needs of the families and their children. The programs incorporate Applied Behavioral Analysis (ABA) therapy, a method with principles that focuses on how learning takes place. ABA therapy has been

researched for many years and has been found to improve communication, social relationships, play, self-care, school, and employment. Social Skills Today programs include summer camps, Saturday social skill groups, and overnight weekend retreats starting at ages four up to young adults.

Contact Information:

4545 Suwannee Dam Road, Suwanee, Ga 30024

Phone: (678) 640-2489 or (678) 286-6084

Email: information@socialskillstoday.com or mary@socialskillstoday.com

Website: <http://www.socialskillstoday.com/>

More information on ABA therapy can be found at www.autismspeaks.org