



MEGHAN BARLOW
AND ASSOCIATES

20220 Center Ridge Road Suite 165
Rocky River, OH 44116

Summer 2016 Social Skills Camps

with Christine Jurik, MA, BCBA, COBA

Terrific Tugboats Social Skills Camp (ages 6-8)

Students will learn to appropriately converse and play with peers, identify emotions in self and others, know what to do when they witness bullying, apply early self-regulation skills to peer situations, and display expected behaviors with peers during conversations, small-group activities, and games.

- **Full Summer Session:** Saturdays (8:45 – 10:15 a.m.) from June 11 - August 20 (no class 7/2, 7/9, 8/6)
- **Summer I Session:** Mondays and Wednesdays (4:30 – 6:00 p.m.) from June 13 - July 13 (no class 7/4 and 7/6)
- **Summer II Session:** Mondays and Wednesdays (4:30 - 6:00 p.m.) from July 18 - August 17 (no class 8/1 or 8/3)

Superheroes Social Skills Camp (ages 9-11)

Participants will learn to engage in and sustain conversational exchanges, choose appropriate topics, remain on topic, know what to do when they witness bullying, and demonstrate cooperation and self-regulation when peers do not do what they desire during group activities.

- **Full Summer Session:** Saturdays (10:30 a.m. – 12:00 p.m.) from June 11 - August 20 (no class 7/2, 7/9, 8/6)
- **Summer I Session:** Mondays and Wednesdays (6:15 - 7:45 p.m.) from June 13 - July 13 (no class 7/4 and 7/6)
- **Summer II Session:** Mondays and Wednesdays (6:15 - 7:45 p.m.) from July 18 - August 17 (no class 8/1 or 8/3)

Cost and Services Included

Group cost is \$600 per student and includes a 30-minute 1:1 intake with the Behavior Analyst, individualized goal development, eight 90-minute small group sessions, and a performance summary mailed one week after conclusion.

Why Social Skills with Christine Jurik?

Both programs were developed and are taught by Christine Jurik, MA, BCBA, COBA a licensed, Masters-level Behavior Analyst with 17 years of experience in the field.

Christine's social skills programs are unique in that the weekly curriculum is dynamic, changing to meet the needs of individual students enrolled. Sessions target each individual student's unique social & behavioral deficits.

Christine maintains good communication with parents throughout the programs so that they can be working to build on skills taught in session throughout the week at home. Her individual feedback at the program's conclusion can be shared with schools and other clinicians in order to help generalize and build on skills learned.

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Summer 2016 Group Programs

with *Sarah Giaco, M.A., LPC*



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The Journey
(Length: 6 weeks)

Meeting Dates:
Tuesdays, July 5 - August 9

Meeting Time:
1:00 - 2:00 p.m.

Cost per Student:
\$240

How to Be a Warrior
(Length: 8 weeks)

Meeting Dates:
Tuesdays & Thursdays, July 5 - 28

Meeting Time:
4:30 - 6:00 p.m.

Cost per Student:
\$400

Taming the Worry Monster
(Length: 6 weeks)

Meeting Dates:
Thursdays, July 7 - August 11

Meeting Time:
1:00 - 2:00 p.m.

Cost per Student:
\$240

The Journey: Supporting & Skill Building for Children with ADHD (ages 9-11)

Sarah Giaco, M.A., LPC developed this group to assist children aged 9-11 years old with ADHD learn skills to manage their attentional, organizational, and behavioral challenges. Each session is 60 minutes and centers on the theme of taking a journey. Children engage in discussion and group activities highlighting the need to prepare, the need to recognize signs, and the need to manage their vehicle in such a way that they will arrive at their destination safely. Skills taught are based on empirically supported research but are presented in a fun and relatable manner.

How to Be A Warrior, Rather Than A Worrier with Anxiety (adolescents)

Adolescents will learn skills and strategies to manage anxiety including: identifying and challenging thoughts/self-talk, problem solving and goal setting, relaxation strategies, as well as mindfulness, acceptance and exposure techniques.

Taming the Worry Monster (ages 6-8)

Children will learn tools and skills to manage anxiety. Children will create their own "toolbox" of ways to combat fear and anxiety to carry with them to "tame the worry monster" at any time. They will learn the difference between their thinking brain vs. their emotional brain and they will learn to identify and challenge the thoughts/self-talk that leads to worry.

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