

**Social Skills for  
Children/Teens with  
Asperger Syndrome &  
Coping Skills for Their  
Siblings**

**Weekly July 9<sup>th</sup> –  
August 13<sup>th</sup> 2013**  
*(brochure revised on June 28<sup>th</sup>)*



*Program sponsored by  
the Clinical Psychology Doctoral  
Training Program at  
Texas A&M University &  
the Brazos Valley Rehabilitation Center  
(an Easter Seals Facility)*

**Call for a phone intake no later  
than Noon on Friday, July 5<sup>th</sup>**

**Classes begin  
Tuesday, July 9<sup>th</sup>**

**Brazos Valley Rehabilitation  
Center (BVRC)**

1318 Memorial Drive  
Bryan, TX 77802

(979) 776-2872

**Fax:** (979) 776-1456

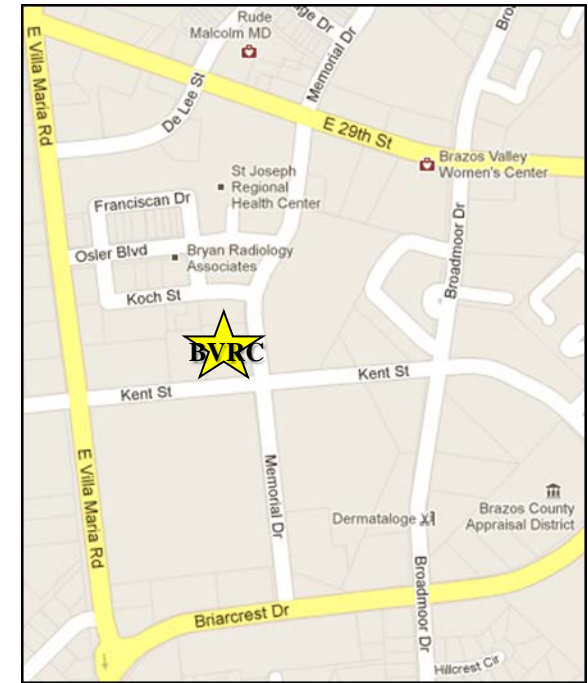


The BVRC has graciously made their facility available for these classes.

<http://www.east-texas.easterseals.com>

**Directions to the BVRC**

- Travel to East 29<sup>th</sup> Street in Bryan.
- At the traffic light at the intersection of East 29<sup>th</sup> Street and Memorial Drive, turn to pass the side of St. Joseph's Regional Health Center on your right.
- Pass the next street on your right, which is Koch Street.
- Turn RIGHT into the parking areas of the BVRC, which is the second building on your right on Memorial Drive after the intersection with Koch Street—and just before the intersection with Kent Street.



**About the Class Leaders**

TAMU PSYC doctoral students will lead the classes. Rob Heffer, Ph.D. will provide consultation/program supervision. Cheryl Allen and Amy Heath, Ph.D. of Easter Seals East Texas approved the use of the BVRC facilities for these classes in cooperation with BVRC Autism Clinics.

*Rob Heffer, Ph.D. directs the TAMU Psychology Clinic and is Clinical Professor at Texas A&M University. He will provide supervision for the class leaders. Dr. Heffer's areas of expertise include child and family psychology and pediatric psychology.*

## Class Description

This 6-session class is designed for children who have completed K through 8<sup>th</sup> grade. Participants must: (a) have been diagnosed with, or identified through the schools, as a child with **Asperger Syndrome** (or “high verbal functioning Autism Spectrum Disorder”—the class is not designed for children diagnosed with Autism or PDD NOS) or (b) be a **sibling** of such a child. The siblings may have a brother or sister outside the completed K through 8<sup>th</sup> grade range, but must be within this range themselves.

*Groups will be arranged based on school grade of the participants and on number of requests for participation.*

We will likely offer social skills and sibling coping groups: (a) *completed* K through 2<sup>nd</sup> grade; (b) *completed* 3<sup>rd</sup> grade through 5<sup>th</sup> grade; and (c) *completed* 6<sup>th</sup> grade through 8<sup>th</sup> grade.

## Topics Covered in Class

Curriculum used in the groups has been used previously in similar classes and is adapted primarily from “Every Child Wants to Play: Simple and Effective Strategies for Teaching Social Skills” published by the Pediatric Therapy network and “The Social Skills Picture

Book” and “Navigating the Social World,” both published by Future Horizons, Inc. Topics covered, among others, will include: body awareness and visual strategies, facilitating dynamic social situations, and verbal strategies.

Curriculum used in the sibling groups is adapted from “SibShops” published by the Sibling Support Project. SibShops classes are opportunities for brothers and sisters of children with special health or developmental needs—in this case Asperger’s Disorder or high-functioning ASD—to obtain peer support and education within a fun setting.

While children are meeting for social skills or coping skills groups, parents may choose to meet together. During the last 15 minutes of each meeting date, parents will be provided with information to apply the skills taught to their children/teenagers.

## Dates, Time, & Location

Classes will meet on **Tuesdays at 6:00 to 7:30 PM from July 9<sup>th</sup> through August 13<sup>th</sup>**. The location is the Brazos Valley Rehabilitation Center (BVRC).

*Please see map and directions on back.*

On July 9<sup>th</sup>, parents should arrive at 5:40 PM to complete registration materials and to ease the transition for their children. Parents must be available 15 minutes at the close of each class meeting.

## Cost

Full payment by cash or check only—**\$30 per child or \$20 per child for more than one child per—**is due no later than July 9<sup>th</sup> and covers the participation fee and all materials.

Payment on or prior to July 5<sup>th</sup> at Noon will “hold” your child’s position in these limited-sized classes. Only payments made on or prior to July 9<sup>th</sup> are refundable.

Checks must be made payable to the TAMU Psychology Clinic. Credit card payments cannot be accepted.

## Scheduling a Phone Intake

Call the TAMU Psychology Clinic (979) 845-8017 to schedule a telephone intake and to decide if these classes are right for your family.

Please call no later than Noon on Friday, July 5<sup>th</sup>. Enrollment may be closed prior the deadline, depending on requests for these classes.