

Spectrum Life Strategies

*Collaborative Social Skills Programs for children, adolescents
or young adults with PDD NOS or Asperger Syndrome*



Fall 2014 theme is

Self Esteem and Future Success: It's About Respect and Trust

Latham program is Co-facilitated by Steve Szalowski, LCSW-R
Danielle Butler, MS or Elizabeth Blake, Special Education Teacher

The roster will be finalized by September 20th

- Boys 3rd-5th grade (max size 8) at 5pm on Monday's 9/29, 10/6, 10/20, 11/3, 11/17, 12/1
- Boys 9th-12th grade (max size 12) at 6pm on Monday's 9/29, 10/6, 10/20, 11/3, 11/17, 12/1
- Boys 6th-9th grade two sessions at 5pm and 6pm held Tuesday, 9/30, 10/7, 10/21, 11/4, 11/18, 11/30
- Boys 3rd-5th grade at 5pm on Wednesday 10/1, 10/8, 10/15, 11/5, 11/19, 12/1
- Boys 9th-12th grade at 6pm on Wednesdays 10/1, 10/8, 10/15, 11/5, 11/19, 12/1
- Girls 3rd-5th grade at 5 pm on Thursday's 10/2, 10/9, 10/16, 11/6, 11/20, 12/2.
- Girls Middle through High School at 6pm on Thursday's 10/2, 10/9, 10/16, 11/6, 11/20, 12/2
- Co-ed College aged at 7pm on Wednesdays 10/1, 10/8, 10/15, 11/5, 11/19, 12/1

Saratoga Springs program will be Co-facilitated by Steve Szalowski, LCSW-R
Elizabeth Blake, Special Education Teacher

Roster will be finalized by October 18th

- Boys ages 3rd-5th grade (max size 8) at 5pm 10/27 (Monday) & Thursday's 11/13, 11/27, 12/8, 12/15, 12/22
- Boys ages 9th-12th at 6pm on 10/27 (Monday) & Thursday's 11/13, 11/27, 12/8, 12/15, 12/22
- Boys ages 6th-8th at 5pm on Tuesday's 10/28, 11/14, 11/28, 12/9, 12/16, 12/23
- Girls all ages at 6pm on Tuesday's 10/28, 11/14, 11/28, 12/9, 12/16, 12/23

Latham - Wildwood Building #4 -1190 Troy Schenectady Road, Latham (Route 7- Next to the old Bowlers Club)

Saratoga - Saratoga Bridges, 16 Saratoga Bridges Blvd. Ballston Spa, NY 12020

Cost: \$180 for the entire 6 week session

The programs will have 6 sessions that include activities to promote:

- Conversation Exchanges on general topics and themes
- Collaborative Skills with peers and authority figures. Following peer/adult directions, leadership strategies and Project Participation
- Development of Functional Coping Strategies (Dealing with limits from authority figures, understanding new situations, a reciprocal play strategies)
- Transitions from free time to structured conversation to Group Challenges to free time.
- Parent Networking and Education. Each session will include 15 minutes of review for generalization and education purposes on themes relevant to 21st Century Parenting.

The focus is on communication, collaboration and functional independent skill building. For older groups target discussions will be about life plans for post high school. Each Session will have peers of similar age and developmental skill level and run for 60 minutes. The groups will be single gender only (except college). Each Group will include processing with parents for purposes of generalization.

To register or for more information contact -- Steve Szalowski at stevespectrumls@gmail.com or 813-2258