



## Music Social Skills Program

The Music Social Skills program is a 10-week, multi-component music platform designed to improve the emotional understanding and social skills of children ages 5 to 9 diagnosed with a Level 1 or Level 2 Autism Spectrum Disorder (ASD).

Music captivates children with its hands-on learning environment and variety of rhythm and songs. Each session provides movement, composition, singing, playing instruments, and is designed to help children learn new social and emotional skills in a fun environment.

Parents will receive information and strategies to help young 'musicians' develop and practice new skills at home and at school during the parent information session.

### Topics of Instruction:

- Impulse control, taking turns and waiting
- Following instructions
- Talking and playing with others
- Joining in conversations and activities with others
- Labelling emotions
- Developing an understanding of how situations make them feel
- Identifying appropriate strategies to manage unpleasant emotions
- Solving social problems

### What are the participation requirements?

- Child must have a diagnosis of Autism Spectrum Disorder (Level 1 or Level 2)
- Child must have verbal communication skills and an IQ within a normal range (or above)
- Child must be able to participate in a group setting without additional support beyond what is provided within the program
- Child is able to attend weekly sessions for a 10-week period
- Caregiver must be able to attend parent sessions; 3 of the 10-week period (Week 1 and Week 10, in addition to a parent information session held mid-program)
- Demonstrates emerging social skills (interest in engaging with peers, attempts to verbally communicate, manages emotions in a non-aggressive way) and an interest in building relationships with same-aged peers or peers with common interests
- Children must be between ages of 5 to 9

### When will the Music Social Skills Program run?

- Child groups will take place:
  - Thursdays, Jan. 16 to March 26, 2020 (no session March Break on March 19, 2020)
- Groups will run from 4 – 5 p.m. weekly

## Where will the Music Program take place?

**Hyde Park Public School**  
Barrie, Ontario

## What is the cost of the Music Program?

The program will be fully subsidized by Simcoe County District School Board.

## Who will be facilitating the Music Program?

- Heidi Flynn, RP, MTA, Registered Psychotherapist and Certified Music Therapist
- Music Therapy Services of Simcoe County Music Therapists
- Simcoe County District School Board staff

## How do I apply for the Music Program?

Please complete an initial application by Friday, January 3, 2020 at 4 p.m.

Please use the Mozilla Firefox web browser.

<https://forms.office.com/Pages/ResponsePage.aspx?id=ZH49V0PV2E-z2gxkrcTrNbQ5ud4OCcFllxYMZwWig75UNVM5QzhKVzA3SUdQQIFLSUtLNIBHRFo0Ny4u>

You may be contacted for an initial telephone interview to assess the appropriateness of the program for your child.

Please note that only children who meet the participation requirements will be eligible for the program. If the program is not suitable for your child, we will attempt to provide a referral.

If you have any questions, please contact:

Rebecca Mancini  
ASD After School Social Skills Program Coordinator  
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