



STAR
Institute



Thriving Teens: Join Our Vibrant Group for Social, Sensory, and Self-Advocacy Skills Boost!

This group-based intervention for adolescents with intellectual and developmental disabilities (IDD) is aimed at providing awareness of sensory preferences as they relate to maintaining regulation while in a group setting, thereby improving self-advocacy and social skills. Participants commit to attending 75-minute group sessions two times a week over four weeks consistently. Each session will engage participants in games where they get to know each other, learn about sensory systems and regulation, explore sensory preferences, and apply learning of sensory preferences to regulation strategies that promote self-confidence. The group will be led by a sensory-trained, trauma-informed occupational therapist and occupational therapy assistant.

We encourage growth in the following areas:

- increased awareness of their regulation strategies as evidenced by consistently communicating preferences in session to peers and facilitators.
- improved ability to self-advocate when in a group of similarly abled peers as evidenced by clear communication of sensory needs in session to peers and facilitators.
- improved social skills when in a group of similarly abled peers as evidenced by increased frequency of social initiation with peers in session.



Upcoming Dates

For Ages 13-18
April 16-May 9, 2024
Tuesdays & Thursdays
4:45 PM-6:00 PM



\$950 / 8 sessions

*Funding assistance available through
Developmental Pathways &
Rocky Mountain Human Services*



Enroll TODAY!

Complete *Group Inquiry Form* at
bit.ly/star-groups-programs

- A \$100 deposit will be required to hold your child's spot.
- Upon receiving your form and deposit, you will be scheduled for a 30-minute intake interview.
- Your spot will be confirmed for the program only AFTER completion of the intake.

**For more information and to register
visit www.sensoryhealth.org or
email us at groups@sensoryhealth.org.**

