

Elementary School PA Day Workshops

Bethesda Children's Services is offering these Elementary School PA Day Workshops in partnership with the Hamilton-Wentworth District School Board



| Group | Date | Time | Grades |
|------------------------------------|--|-------------------------------------|-------------|
| Mindfulness | Friday March 4 | 9:00am - 10:30am | Grade 6 - 8 |
| Self Advocacy | Friday March 4 and Thursday August 25 | 1:00pm - 2:30pm 9:00am - 10:30am | Grade 6 - 8 |
| AIM Part 1 | March Break Monday - Friday March 14 - 18 and PA Days June 3 and 30 | 9:00am - 10:30am | Grade 6 - 8 |
| Organizational Skills | Wednesday August 24 | 9:00am - 10:30am | Grade 6 - 9 |
| Strategies for Successful Homework | Thursday August 25 | 9:00am - 10:30am | Grade 6 - 8 |

Registration required
Contact a Service Coordinator at 905.684.6918 ext. 170
or email serviceinfo@bethesdaservices.com

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| Group | Description |
|---|---|
| Mindfulness | Mindfulness is a strategy that helps individuals stay grounded and focused in the present moment. Youth will practice mindfulness activities while learning about the benefits regular mindfulness has for their wellness. |
| Self Advocacy | Self-advocacy is learning how to speak up for yourself and make your own decisions about your life. It is about learning how to get information and expressing yourself appropriately. It involves knowing your rights and responsibilities and problem solving. Join your peers to discuss these topics in a safe environment. |
| AIM Part 1 | AIM is a curriculum that combines Applied Behaviour Analysis (ABA), Acceptance and Commitment Therapy (ACT), and mindfulness to address social and emotional challenges in children. AIM incorporates a variety of developmentally appropriate, sensory focused and engaging activities to increase flexible and adaptive behaviours. AIM focuses on accepting things that have happened (both good and bad), identifying what is really important, and making decisions that move you toward your goals. AIM Part 1 introduces participants to the concepts that will be used throughout this curriculum. AIM Part 1 is a prerequisite to other groups in the AIM series. This group is appropriate for children who can: follow multi-step instructions independently, communicate using verbal requests, comments, and questions, and participate without 1:1 support in a group setting. |
| Organizational Skills | This interactive workshop is designed for youth who will have an opportunity to learn and practice organizational strategies that can be helpful for staying focused on tasks, maximizing your time, energy, mental capacity and physical space. |
| Strategies for Successful Homework | This workshop will review different tips, strategies and other recommendations to help youth be more successful in completing homework and/or school assignments. |

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