

# 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
AIM Part 1	Mondays April 25 - June 7	6:30pm - 7:30pm	Grade 6 - 8
	PA Days June 3 and 30	9:00am - 10:30am	
Organizational Skills	Wednesday August 24	9:00am - 10:30am	Grade 6 - 9
Self Advocacy	Thursday August 25	9:00am - 10:30am	Grade 6 - 8
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](mailto:serviceinfo@bethesdaservices.com)

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## Group

## Description

### 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.

### 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.

### 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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