

**Now Registering  
Fall 2009**



## **GROUP MENTORING**

This program provides children and youth an opportunity to focus upon healthy relationship building, personal development, school-based skills and other essential skills needed throughout life. In small interactive group sessions, children will learn many essential pro-social skills such as understanding and expressing feelings, conflict resolution and problem solving. Using a pro-active and cognitive behavioural approach to learning, the sessions will enable children to build self-confidence and develop satisfying relationships by enhancing skill proficiency in areas that foster social competency. Groups are facilitated by a highly trained and qualified mentor. Children are grouped chronologically and developmentally. For ages 5-18.

## **DEVELOPMENTAL RESPITE**

### *After School and Evening Program*

This service provides parents of special needs children the opportunity for some needed rest and relaxation. This program focuses on identifying the child's individual needs and strengths. In a highly structured, supportive and predictable environment, children will have opportunities to develop qualitative play skills and daily living skills by enhancing communication, socialization and decreasing challenging behaviours. Services will be provided on site and are available from 2:30-8:30pm, Monday to Thursday and 2:30-6:00PM on Friday.

## **AFTER SCHOOL SOCIAL SKILLS PROGRAM**

Main Street Community Services is now offering an after school program for children who could benefit from social skills enrichment. In a fun, safe and therapeutic environment where their individuality and uniqueness is respected and nurtured, children will have the opportunity to develop satisfying interpersonal relationships by enhancing skill proficiency in a variety of areas that foster social competency. Each child and youth will be provided opportunities for sports, recreation, arts and crafts, relaxation, yoga, martial arts, and much more. Services will be provided on site and are available from 2:00-6:00PM, Monday to Friday.

## **GROUP COUNSELLING FOR PARENTS**

This September, we will be offering group counselling focusing on the needs and issues of parents coping with raising children who have developmental disabilities. Two separate groups will be offered on a weekly basis. One offering counselling to parents of children with higher complex needs such as non verbal children with Autism, Acquired Brain Injury and Developmental Disabilities and the other offering counselling to parents of children with lower complex needs such as children with special needs having Asperger's Syndrome (a communication disorder), AD/HD, Learning Disabilities, delayed cognitive functioning, or Down's Syndrome. The rationale behind offering separate groups is that parents will be able to better dialogue and relate to other parents facing similar issues. Upon registration, we ask that parents specify which of the two groups they would like to participate in. Respite for your child can be arranged at our centre but must be specified upon registration.

For more information please contact: Main Street Community Services  
1453 Main Street, Box 432, Stittsville ON K2S 1A6  
613-831-6606 or Email: [mainstreetcommunity@bellnet.ca](mailto:mainstreetcommunity@bellnet.ca)  
[www.mainstreetcommunityservices.com](http://www.mainstreetcommunityservices.com)