



# B.E.S.T. Social Skills

For children 8-12 years of age with a diagnosed learning disability or ADHD

**Description:** Social skills training builds effective communication techniques for everyday situations using role-playing, games, videos, and positive reinforcement. The training will focus on direct instruction to assist participants to successfully interact at home and school. BEST is offered as three separate programs with different areas of focus as outlined below.

**Program Fee:** \$150 for non-LDA members or \$100.00 for LDA members per 7-week session. Subsidies may be available.

<b>BEST: Foundational Skills</b>	Group behaviour; listening; following instructions; understanding body language; sportsmanship; and accepting consequences / saying sorry.
<b>BEST: Dealing with Emotions</b>	Self talk; self-control; responding to failure; bullying; self-advocacy; and teasing / peer pressure.
<b>BEST: Friendship</b>	Having a conversation; joining in; boundaries; teasing; being interesting; and cyber bullying.

For more information or to be added to the waitlist, contact us at 519-252-7889 or [info@ldawe.ca](mailto:info@ldawe.ca)

 **Idawe** • Learning Disabilities Association of Windsor-Essex County