

Aspiring Youth Social Skills Groups

Aspiring Youth Social Skills Groups provide an active learning environment for children and teens to improve social skills, establish friendships and boost self-esteem.

Fall 2018



Explorers: ages 8-10

This group is our standard group for upper elementary students and utilizes our "Aspire!" social thinking curriculum. Topics include conversation initiation, expected/unexpected behavior, compromise/flexibility and other similar topics. Experiential games and activities are incorporated to strengthen social learning.

Seattle: Mondays | Boys | 4:30-5:45pm | 10/1 – 12/10 (except 11/19)
Kirkland: Wednesdays | Boys | 4:45-6pm | 10/3 – 12/12 (except 11/21)
West Seattle: Thursdays | Boys | 4:30-5:45pm | 10/4 – 12/13 (except 11/22)
Seattle: Thursdays | Girls | 5-6:15pm | 10/4 – 12/13 (except 11/22)

Navigators: ages 10-12

The Navigators group covers transitions to middle school, starting conversations, anti-bullying, building friendships, handling frustration, being flexible and other similar topics. Choice activities include challenge course, art work, comedy improv and outdoor games.

Seattle: Mondays | Boys | 4:30-5:45pm | 10/1 – 12/10 (except 11/19)
Kirkland: Wednesdays | Boys | 4:45-6pm | 10/3 – 12/12 (except 11/21)
West Seattle: Thursdays | Boys | 4:30-5:45pm | 10/4 – 12/13 (except 11/22)
Seattle: Thursdays | Girls | 5-6:15pm | 10/4 – 12/13 (except 11/22)

Teen Crew: ages 13-18

This group provides an opportunity for students to gain community and self-esteem in a fun setting. The group begins with a discussion of issues relevant to teens such as friendship, social pressure, communication with teachers and other topics. Following discussion, students choose from outdoor team games or comedy improv activities.

Seattle: Tuesdays | Boys | 5:30-6:45pm | 10/2 – 12/11 (except 11/20)
Seattle: Tuesdays | Girls | 5:30-6:45pm | 10/2 – 12/11 (except 11/20)
Kirkland: Wednesdays | Boys | 4:45-6pm | 10/3 – 12/12 (except 11/21)
Seattle: Thursdays | Girls | 5-6:15pm | 10/4 – 12/13 (except 11/22)

Girls Rule!

This group is gender-specific and covers many of the social topics geared towards girls, including social cue recognition, anti-bullying, friendship initiation, listening skills and similar topics.

Kirkland: Wednesdays | Girls 8-18 | 4:45-6pm | 10/3 – 12/12 (except 11/21)

For additional information visit:
www.aspiringyouth.net
Contact:
info@aspiringyouth.net

Fees: Groups are **\$600 for 10 weeks** (unless otherwise noted). Group fees include parent consultation calls.

Multiple group discount: \$350 for 10 weeks starting with second group when enrolled and paid in full for first group.



Additional group information on reverse side

Indoor Rock Climbing: ages 8 - 18

This group provides a great opportunity to improve focus and physical health. Teamwork and communication are also skills developed in small groups at the climbing gym.

Seattle: Saturdays (@ Seattle Bouldering Project) | All gender | 12:30-1:45pm | 10/6 – 12/15 (except 11/24)

Seattle: Sundays (@ Seattle Bouldering Project) | All gender | 12:30-1:45pm | 10/7 – 12/16 (except 11/25)

Pre-D&D (Ponies & Dragons): ages 8-18

D&D directly works on social skills such as verbalization, comprehension, imagination, problem-solving, observation, cooperation and taking the perspectives of others. However, the rules and settings are generally more appropriate for older players. This pre-D&D group uses a simplified Role Playing Game system and more accessible setting (Tails of Equestria) to allow players of all ages to build those same skills.

Bothell: Fridays | All gender | 6:00-7:15pm | 10/5 – 12/14 (except 11/23)

Dungeons and Dragons: ages 13-18

D&D begins with a check-in, and students then engage in *Dungeons & Dragons*—the antidote to video games. The game teaches patience, listening skills, teamwork and communication.

Seattle: Tuesdays | All gender | 6:45-8:15pm | 10/2 – 12/11 (except 11/20)

Kirkland: Wednesdays | All gender | 4:45-6:15pm | 10/3 – 12/12 (except 11/21)

Bellevue: Fridays | All gender | 6:15-7:45pm | 10/5 – 12/14 (except 11/23)

Bothell: Fridays | All gender | 7:20-8:35pm | 10/5 – 12/14 (except 11/23)

Tabletop Games: ages 8-18

Group members will be invited to bring their favorite table top game to group to join others in fun gameplay while learning about social skills in the Aspiring Youth curriculum. Primary games include Magic the Gathering, Pokemon, Blokus, Spot It!, and many more. There will be basic supplies for each game and we encourage group members to bring their own decks or game supplies. Both experienced players and individuals who are new to the games are welcome to join. Facilitators and other group members will lead instructional courses for each game so members can expand their knowledge of tabletop gaming. Come enjoy friendly matches and learn about new, exciting games!

Seattle: Mondays | All gender | 5:45-7pm | 10/1 – 12/10 (except 11/19)

Social Swim, 8-18

Swim Social is a group that uses pool games and activities to help build social skills. Participants do not need to be skilled swimmers; they simply need to enjoy hanging out at the pool. Through fun aquatic games and activities, group members work on conversation skills, frustration tolerance and flexible perspective taking. Some of the activities occur in the pool and some deck side. Group meets at Montlake Terrace pool.

Saturdays @ *Montlake Terrace Pool* | All gender | 1:00 – 2:15pm | 10/6 – 12/15 (except 11/24)

Bowling Club, 8-18

Saturdays @ *Kenmore Lanes* | All gender | 3:00 – 4:15pm | 10/6 – 12/15 (except 11/24)

Optional shuttle from Ryther leaving at 2:30pm and returning at 4:45pm for pick-up. Parents not using the shuttle will drop-off and pick-up at Kenmore Lanes at 3pm and 4:15pm respectively.

Running Club

Tuesdays @ Cowen Park | All gender | 4:00-5:00pm | 10/2 – 12/11 (except 11/20)

Drop-off at Cowen Park. There will be a van back to Ryther for those who have group afterwards or prefer picking up from Ryther.

