

Social Ability

Social Skills Group

Changes in social behaviour and social relationships are common following an acquired brain injury. These changes can often lead to loneliness, social isolation, poor self-esteem, reduced self-confidence and overall unhappiness, which over time if not addressed, tend to worsen. The ability to participate in normal social activities is one of the greatest challenges to a person with brain injury due to issues of cognitive function, social anxiety, physical impairments, social judgment, social skills, altered behaviour and mood control. As friendships and social connectedness enrich our lives as a source of comfort, confidence and fun, every effort should be made to help and encourage those with brain injury to pursue their desire for social relationships and meaningful social functioning throughout life.

Specializing in the cognitive and social rehabilitation of ABI survivors, FunctionAbility Rehabilitation Services and The Social Work Consulting Group, have teamed up to deliver a uniquely designed group therapy experience to address improvement of social skills and social connectedness post brain injury. Therapy will be delivered in real time social settings with immediate feedback which provides a rich and meaningful context. The activities and venues will be decided collectively by the participants at the first session. These settings will change from session to session and may include a restaurant, bar, pool hall or whatever ideas the participants agree on. Our therapists believe each client is entitled to live life to its fullest and we would like to be part of establishing the "new normal" in a client's life.

Facilitated by a Social Worker and an Occupational Therapist, the group will be limited to 10 participants between the ages of 19 to 29 and span over 8 sessions held on a bi-weekly basis. The therapists will work on interpersonal skills such as entering a conversation, initiating conversational topics, maintaining conversation, choosing appropriate and relevant comments suited to the situation and conversational partners. Additional goals may include energy conservation, problem solving development, sequencing skills, improving coordination, initiation and planning skills. Every client will be screened and goal setting will be completed by each member to ensure the most significant experience for all participants.

Program Summary:

Age Group: 19-29

Group size: 10

Number of sessions: 8 with each session lasting for 2.5 hours

Start Date: Monday, November 8, 2010

Group Composition: This group is targeting survivors of mild brain injury.

Facilitators:

Deena Ginsberg B.S.W., M.S.W., RSW, Director, The Social Work Consulting Group

Anat Barak B.Sc. OT, Director, FunctionAbility Rehabilitation Services

Cost: \$1,250.00 (including an individualized report at the conclusion of the program). Please note that participants will be responsible for their own transportation to and from each social outing.

NOTE: Spaces are limited and registration will be on a first come first served basis.

To register please contact Natalie Brooke at 905-764-2340 Ext 202 or by email at natalie@function-ability.com



functionability
rehabilitation services

FunctionAbility
7851 Dufferin St, Suite #102
Vaughan, Ontario L4J 3M4
Tel: 905-764-2340
Fax: 905-707-6122



The Social Work Consulting Group
Counselling and Rehabilitation Services