

STEPS PROGRAM

STRATEGIES TO ENABLE PARTICIPATION
IN SELF-HELP SKILLS

"The program was amazing!"

I had the opportunity to meet new families and kids. STEPS gave me hope and breaking up the tasks made everything easier for me and for my son."

STEPS Parent



THE STEPS PROGRAM IS AN 8 WEEK VIRTUAL PARENT COACHING GROUP

that focuses on promoting and building child independence within self-care skills such as handwashing, dressing and self-feeding.

The group strives to increase parent confidence in teaching new skills to their child through the use of modelling, practice, feedback and reflection. Parents will learn how to effectively use physical prompts to support their child and break down tasks into simple, manageable steps.

WHAT YOU CAN EXPECT:

- **Weekly feedback** on the application of learned strategies
- A group format that allows parents to **celebrate successes** and learn together
- Strategies that are designed to be implemented during **daily routines**
- All sessions are lead by **Occupational Therapists**

PROGRAM DETAILS

- 8 weeks of targeted coaching
- Parent group meetings on Zoom from 6 p.m. – 7:30 p.m. once per week
- Parents receive one daytime home visit mid-program (can be in-person or via Zoom)

- Taking and sharing home videos of practice is required
- Each session will be a positive and interactive experience!

QUESTIONS? CONTACT RIVER AT:
RBOSSERT@CENTREFORAUTISMAB.CA

TUESDAYS 6 - 7:30 PM ON ZOOM

February 28 | March 7, 14, 21 |
April 4, 11, 18 & 25

*There will be no session Tuesday, March 28 due to Spring Break.



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APPLY TODAY!

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