

## Play 2 Connect

Play 2 Connect is a small 6 week interactive child project based group (8-12 year old's with a maximum of 5 children). This group utilizes Dunn Sensory Model, Attachment Theory, Social Learning Theory, Polyvagal Theory, the Neurosequential Model and concepts and interventions from Dyadic Developmental Psychotherapy, Theraplay® and Circle of Security™ therapeutic modalities.

The goals are:

- To support self regulation, gross and fine motor skills
- To support self esteem and self efficacy
- To support attentional control and impulse control
- To further develop social skills

The structure

The 1 hour sessions are structured, led by the facilitator, with student support, beginning with a check in and then an interactive group activity. A craft or project will be introduced and instructions provided. All materials will be provided. These sessions are used to engage and support the participants in their own creativity and skill building. In these groups, there is a focus on building self esteem and confidence, acknowledging individual differences and creativity and working as a team recognizing other group members differences and creativity; the young person will be able to take home their completed project.

There is a parent session before and after because we know parents are the experts and when we listen to one another, many find comfort, humor, and support knowing we are not alone in our parenting. There is an individual parent session approx. half way through to support parents in collaborating on the assessment and interventions that have been utilized; discuss what is working and what may be helpful moving forward and strategies for parents to implement and reinforce at home.

Process: 9 weeks

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| Registration: meet with caregivers to discuss their child needs and strengths, discuss consent and answer questions  |
| Caregiver group session: open discussion, psychoeducation on the program and focus to help parents implement strategies at home                                |
| Session 1  |
| Session 2  |
| Session 3  |
| Session 4  |
| Caregiver individual meeting with to discuss group progress, strengths and needs and specific strategies that parent can implement or work on with their child |
| Session 5  |
| Session 6  |
| Caregiver group session: open discussion and focus to help parents discuss implementing strategies at home   |