What to Expect from Group

Fraser Group Therapy is a therapeutic intervention focused on encouraging the social and emotional development of the individual. We want to give the individual tools to better cope and interact with others so they may become more functional and adaptive in their home, school and other settings. Participants will be matched according to skill level, need, and age.

Fraser Group Therapy uses a range of treatment methods to achieve the development of the individual goals in development, building relationships, coping, decreasing negative behaviors, increasing empathy and effective communication.

Things to Know Before Starting

While Fraser serves children, adolescents or adults with a variety of needs, not all children, adolescents or adults can participate in group therapy.

- Children, adolescents or adults must be able to participate in a group setting without the need for one-on-one support.
- Children, adolescents or adults must display safe behavior with peers and staff in a group setting.
- Children, adolescents or adults group placement may change, as his or her individual needs change.
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**REGISTRATION INFORMATION**

To learn about groups and availability, please call the Fraser Intake Line at 612-767-7222
School Age Therapy Group

This Therapy Group focuses on increasing emotional and social communication skills through group discussions and activities. During each session, clients get the chance to interact with peers and engage in emotional processing. Through the support of clinicians, group members also get the chance to increase their coping skills and insight towards their diagnosis.

- To bill insurance, individuals need a current diagnosis of ASD or related within the past 12 months
- Ages 9-11

Mondays, 3:30-4:30 pm
Mondays, 4:30-5:30 pm
ADOLESCENCE

LGBTQ+ Therapy Group

This group focuses on emotional processing, acceptance, self-empowerment and teaching coping skills to Teens with ASD or other mental health diagnosis who identify as LGBTQ+.

- To bill insurance, individuals need a current diagnosis of ASD or another mental health diagnosis within the last 12 months
- Ages 13-17

Tuesdays, 4:00-5:00 pm

PEERS

The Program for the Education and Enrichment of Relational Skills (PEERS®) was originally developed at UCLA by Dr. Elizabeth Laugeson, Founder and Director of the UCLA PEERS® Clinic, and Dr. Fred Frankel in 2005. Fraser Autism PEERS is a 16-week evidence-based group for motivated teens in high school who are interested in learning ways to help them make and keep friends. During each group session, teens are taught important social skills and are given the opportunity to practice these skills in session during socialization activities. Parents attend separate sessions at the same time and are taught how to assist their teens in making and keeping friends by helping to expand their teen’s social network and providing feedback through coaching during weekly socialization homework assignments.

- To bill insurance, individuals need a current diagnosis of ASD or related within the past 12 months
- Ages 13-17

Mondays, 4:00-5:30 pm

REGISTRATION INFORMATION

To learn about groups and availability, please call the Fraser Intake Line at 612-767-7222
ADOLESCENCE CONTINUED

Teenage Therapy Group

This group focuses on increasing processing and discussing feelings. Additionally, this group focuses on emotional and social communication skills through group discussions and activities. During each session, clients get the chance to interact with peers and engage in emotional processing. Through the support of clinicians, group members also get the chance to increase their coping skills and insight towards their diagnosis.

- To bill insurance, individuals need a current diagnosis of autism or related within the past 12 months

Wednesdays, 4:30-5:30 pm (ages 12-14)
Thursdays, 4:00-5:00 pm (ages 12-14)
Wednesdays, 4:00-5:00 pm (ages 15-17)

Teenage Level 2 Therapy Group

An opportunity for members with co-occurring cognitive delays to ask questions and process thoughts, feelings and emotions in a supportive setting that are matched with peers of a similar learning style.

- To bill insurance, individuals need a current diagnosis of autism or related within the past 12 months

Wednesdays, 3:30-4:30 pm (ages 17-19)
Wednesdays, 5:00-6:00 pm (ages 13-15)
PARENT AND FAMILY

Building Healthy Development Parent Support Group

This group is for parents who have a child ages birth to 6 years old that was most recently diagnosed with any mental health diagnosis and could benefit from learning more about their role in their child’s development. Each week, parents learn a new concept that can help improve the quality of their relationship with their child and the child’s development. Parents in the group are also a source of support for each other.

• Each parent will be required to meet with a group facilitator before attending
• To bill insurance, child needs a current autism/mental health diagnosis within the past 12 months

12 weeks: Tuesdays, 2:00-3:30 pm

Early Childhood Caregiver Parent Support Group

This on-going group is for parents and caregivers of young children ages birth to 6 years old who are seeking connection and support with other parents. Parents will have knowledge of common language of child development and other concepts.

• Child has been receiving Fraser services and family therapy on a regular basis
• To bill insurance, child needs a current autism/mental health diagnosis within the past 12 months

Wednesdays, 10:00-11:00 am
Thursdays, 2:00-3:00 pm
Thursdays, 3:00-4:00 pm
English Speaking Parent Group

Parent groups offer an opportunity to process about their child's diagnosis and learn about specific ASD strategies within a supportive environment from professionals and other parents/caregivers.

- Need to have a child currently receiving a Fraser service and diagnosed with ASD or related within the last 12 months
- May be billed under your child’s insurance

Mondays, 9:00-10:00 am (all ages)
Tuesdays, 5:00-6:00 pm (ages 6-13)
Thursdays, 4:00-5:00 pm (ages 14+)

Somali Speaking Parent Group

This group offers Somali Speaking Parents an opportunity to process about their child's diagnosis and learn about specific ASD strategies within a supportive environment from professionals and other parents/caregivers.

- Need to have a child currently receiving a Fraser service and
- Diagnosed with ASD or related within the last 12 months
- May be billed under your child’s insurance

Kooxda Waalidiinta Somaliga Ku Hadasha

Kooxdani waxay siiyaan Waalidiinta Ku Hadla Somaliga fursad ay ku fahmaan xanuunka ilmahaoda oo ay wax kaga bartaan khidadaha gaarka ah ee ASD oo leh deegaan taageero oo xirfadle iyo waalikda/daryeel kale.

- Baahida ah in la yeesho ilmo wakhtigan qaata adeega Fraser iyo
- Laga heley ASD ama wax la xidhiidha 12 bilood ee lasoo dhaafay
- Waxaa lagu soo dalici karaa kharashka caymiska ilmahaaga

Maalmaha talaadada ah, 10:00 subaxnimno – 11:00 duhurnimo
Spanish Speaking Parent Group

This group offers Spanish Speaking Parents an opportunity to process about their child’s diagnosis and learn about specific ASD strategies within a supportive environment from professionals and other parents/caregivers.

- Need to have a child currently receiving a Fraser service and
- Diagnosed with ASD or related within the last 12 months
- May be billed under your child’s insurance

Wednesdays, 5:00–6:00 pm
Wednesdays, 6:00–7:00 pm

Grupo de padres de habla hispana

Este grupo ofrece a los padres de habla hispana la oportunidad de procesar el diagnóstico de su hijo y aprender sobre estrategias específicas de TEA, dentro de un entorno de apoyo conformado por profesionales y otros padres o cuidadores.

- Es necesario que el niño reciba actualmente un servicio de Fraser y
- Que tenga un diagnóstico de TEA o una condición similar, de los últimos 12 meses.
- Que pueda facturarse con el seguro de su hijo.

Miércoles de 17:00 a 18:00 horas
Miércoles de 18:00 a 19:00 horas

Sibling Therapy Group

This 12 week therapy group is for children who have siblings that have ASD or related diagnosis. They will learn more about what it means to have autism, benefits and challenges to being a sibling, coping strategies and more.

- Need to have a sibling currently receiving a Fraser service and Diagnosed with ASD or related within the last 12 months
- May be billed under ASD child’s insurance
- Ages 9-13 (Non-ASD Sibling)

Wednesdays, 4:00–5:00 pm
ADULTS

Creative Expressions Therapy Group
This group utilizes music, drama, and art to identify, express, and process emotions and experiences affecting mental health wellness.

- To bill insurance, individuals need a current MH diagnosis within the past 12 months
- Ages: 18+

Tuesdays, 1:00-2:00 pm
Fridays, 2:00-3:00 pm

Grief Support Therapy Group
This group is for adults who are experiencing grief and stress due to COVID-19. The emphasis will focus on reducing the feelings of COVID-19 isolation, reducing anxiety over the virus itself, parenting issues, etc. There will be some general discussion around the stages of grief. We will provide an opportunity for clients to share and process grief and anxiety while connecting with others in a safe and supportive environment.

- To bill insurance, individuals need a current MH diagnosis within the past 12 months
- Ages: 18+

Thursdays, 4:00-5:00 pm
ADULTS CONTINUED...

Healthy Relationships Therapy Group

This group covers topics such as making new friends, different types of relationships, internet activity, LGBTQ, self-advocacy, sexual safety and how to consider what’s really important to each person in their relationships. The group is based on discussion, activities and resource sharing in a positive and safe space.

- To bill insurance, individuals need a current MH diagnosis within the past 12 months
- Ages: 18+

Thursdays, 3:00-4:00 pm

LGBTQ+ Therapy Group

This group focuses on emotional processing, acceptance, self-empowerment and teaching coping skills to adults with ASD or other mental health diagnosis who identify as LGBTQ+.

- To bill insurance, individuals need a current diagnosis of ASD or another mental health diagnosis within the last 12 months
- Ages: 18+

Mondays, 10:00-11:00 am

Men’s Therapy Group

This group provides men an opportunity to ask questions and process thoughts, feelings and emotions in a supportive setting

- To bill insurance, individuals need a current MH diagnosis within the past 12 months
- Ages: 18+

Tuesdays, 12:00-1:00 pm
ADULTS CONTINUED...

Mindfulness Therapy Group

Mindfulness is the act of fully experiencing the present moment without judgement. If you find yourself struggling with your mental health, feeling caught up in daily stressors, or wishing you were more engaged in the joyous moments of life, mindfulness can support you! Each week we will practice and learn about a different way to practice mindfulness and integrate it into your daily life. We will mindfully breathe, walk, color, listen, observe nature, and more. We will also have time for you to share your experiences with and questions about mindfulness, as we receive support from other group members who are also working on building this skill. If you are new to mindfulness or have been practicing for decades, you are welcome to join this group.

• Ages: 18+ with any Mental Health Diagnosis

Wednesdays, 4–5 pm

Women’s Therapy Group

Group therapy provides women with an autism spectrum disorder an opportunity to ask questions and process thoughts, feelings, and emotions in a supportive setting.

• To bill insurance, individuals need a current diagnosis within the past 12 months
• Have an autism spectrum disorder diagnosis
• Ages: 18+

Mondays and Wednesdays, 10:00–11:00 am

Young Adult Therapy Group

This group provides young adults with an autism spectrum disorder an opportunity to ask questions and process thoughts, feelings, and emotions in a supportive setting.

• To bill insurance, individuals need a current diagnosis of ASD or related within the past 12 months
• Ages: 18+

Tuesdays, 4:00–5:00 pm