FRASER
GROUP CATALOG TELEHEALTH

Special Needs. Bright Futures.
FRASER — A GUIDING STAR TO NAVIGATE AUTISM, MENTAL HEALTH, AND SPECIAL NEEDS AT EVERY STAGE OF LIFE

Fraser is the Upper Midwest’s premier provider of autism services and Minnesota’s largest provider of early childhood mental health services. We provide healthcare, housing, education and employment services that help children, teens, adults, and families with special needs live life to the fullest potential.

Our programs are nationally recognized for their high quality, innovation and individualized, family-centered approach.

Few organizations can match the depth and breadth of experience that Fraser provides. For nearly 80 years, we have remained committed to continuing the legacy of our founder, Louise Whitbeck Fraser, who believed in the potential and value of every person.

In addition to our array of services; group interventions are a way we support children, teens and adults.

OUR MISSION

Our mission is to make a meaningful and lasting difference in the lives of children, adults and families with special needs. We accomplish this by providing education, healthcare and housing services.

OUR VISION

We believe that, together, we can create a world where all people have an equal opportunity and choice to realize their dreams to live, work, learn and play as members of our community.

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, adolescent’s or adult’s group placement may change, as his or her individual needs change.
# CONTENTS

## SCHOOL AGE
- School Age Therapy Group ................................................................. 4

## ADOLESCENCE
- Anxiety Therapy Group .............................................................. 5
- Adolescent Therapy Group ......................................................... 5
- Older Teenage Therapy Group .................................................. 5
- PEERS ......................................................................................... 6
- Teenage Therapy Group ............................................................. 6

## PARENT AND FAMILY
- English Speaking Parent Group ................................................. 7
- Building Healthy Development Parent Group ............................. 7
- Spanish Speaking Parent Group ............................................... 7
- Sibling Therapy Group ............................................................... 7

## ADULTS
- Creative Expressions Therapy Group ......................................... 8
- Healthy Relationships Therapy Group ....................................... 8
- LGBTQ+ Therapy Group ............................................................. 8
- Men’s Therapy Group ................................................................. 9
- Women’s Therapy Group ............................................................ 9
- Young Adult Therapy Group ....................................................... 9

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**REGISTRATION INFORMATION**

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

The 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

Mondays 3:30-4:30 pm (Ages 9-11)
ADOLESCENCE

Anxiety Therapy Group

This is a 12 week therapy group focused on identifying, processing, and coping with anxiety.

- To bill insurance, individuals need a current diagnosis within the past 12 months.
- Ages 11-14

Wednesdays, 4:00-5:00 pm

Adolescent Therapy Group

The Adolescent 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

Wednesdays, 4:30-5:30 pm (Ages 12-14)
Thursdays, 4:00-5:00 pm (Ages 12-14)

Older Teenage Therapy Group

This therapy group provides an opportunity for members with co-occurring cognitive delays to ask questions and process thoughts, feelings and emotions in a supportive setting that matched with peers of a similar learning style

- To bill insurance, individuals need a current diagnosis within the past 12 months
- Have co-occurring cognitive delays

Wednesdays, 3:30-4:30 pm (Ages 17-19)
PEERS

PEERS is an evidenced based curriculum for teaching how to make and keep friends. This is a 15 week course and full parent participation is required by attending a parent group each week.

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

Mondays, 4:00-5:00 pm

Teenage Therapy Group

Group therapy provides teenagers 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 13 to 17

Wednesdays, 4:00-5:00 pm (Ages 15-17)
Wednesdays, 5:00-6:00 pm (Ages 13-15)
**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, 4:00–5:00 pm with children ages 6–13
Thursdays, 4:00–5:00 pm with children ages 14+

**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 E/O week
Wednesdays, 6:00–7:00 pm

**Building Healthy Development Parent Group**

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

- Need to have a child currently receiving a Fraser service and Diagnosed with a mental health diagnosis within the last 12 months
- Child needs to between 0-5
- May be billed under your child's insurance

Tuesdays, 2:30–3:30 pm

**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 sibling's insurance

Wednesdays, 3–4 pm (Siblings between 9 to 13)
**ADULTS**

**Creative Expressions Therapy Group**

This group is for individuals 18+ with a mental health diagnosis. The adult therapy group will use music, drama and art-making to help individuals improve their mental health. These creative activities allow members to identify, express and process their emotions and experiences.

Mondays, 9-10 am

**Healthy Relationships Therapy Group**

The 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
ADULTS CONTINUED...

Men’s Therapy Group

Group therapy 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

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

Group therapy 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: 18-26

Tuesdays, 4:00-5:00 pm