FRASER

GROUP CATALOG

Special Needs. Bright Futures.
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 Skills and 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 Skills and 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 skills/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.
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### REGISTRATION INFORMATION
To learn about Group Skills sessions and availability, please call the Fraser Intake Line at 612-767-7222
Early Childhood

**Play Group**

This group provides an opportunity for young children to learn and practice how to interact with each other appropriately in a group setting.

- To bill insurance, individuals need a current diagnosis of ASD or related within the past 12 months
- Ages 3-5 years

**Eden Prairie**
Thursdays, 4:45–6:15 pm

**Woodbury**
Tuesdays, 9:00–10:30 am

**Intensive Play Group**

This group provides an opportunity for young children twice a week to learn and practice how to interact with each other appropriately in a group setting.

- To bill insurance, individuals need a current diagnosis of ASD or related within the past 12 months
- Ages 3-5 years

**Coon Rapids**
Tuesdays and Thursdays, 10:00–11:30 am

To learn about Group Skills sessions and availability, please call the Fraser Intake Line at 612-767-7222
Outpatient Social Skills Groups

Social Skills Groups provides an opportunity for members to increase social communication skills through the use of group activities, modeling, videos, visuals, and reward systems to practice and generalize skills.

- To bill insurance, individuals need a current diagnosis of ASD or related within the past 12 months with a specific recommendation for skills training
- Ages vary across sites
- Not all insurance plans cover skills training

**Bloomington**
- Mondays, 3:30-5:00 pm (Ages 9-11)
- Tuesdays, 5:00-6:30 pm (Ages 6-8)
- Wednesdays, 5:00-6:30 pm (Ages 9-11)

**Coon Rapids**
- Tuesdays, 4:30-6:00 pm (Ages 6-9)
- Tuesdays, 4:00-5:30 pm (Ages 6-8)
- Wednesdays, 4:00-5:30 pm (Ages 9-11)

**Eagan**
- Tuesdays, 4:30-6:00 pm (Ages 8-10)

**Eden Prairie**
- Mondays, 4:30-6:00 pm (Ages 6-8)
- Mondays, 4:30-6:00 pm (Ages 9-11)

**Minneapolis**
- Mondays, 4:30-6:00 pm (Ages 6-8)
- Mondays, 4:30-6:00 pm (Ages 6-8)
- Mondays, 4:30-6:00 pm (Ages 9-11)
- Tuesdays, 4:30-6:00 pm (Ages 6-8)
- Tuesdays, 4:30-6:00 pm (Ages 6-8)
- Tuesdays, 4:30-6:00 pm (Ages 6-8)

**Woodbury**
- Mondays, 4:00-5:30 pm (Ages 6-8)
- Tuesdays, 4:00-5:30 pm (Ages 9-11)
- Thursdays, 4:00-5:30 pm (Ages 9-11)

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

**Bloomington**
- Mondays 5-6 pm (Ages 9-11)
Anxiety & Art Therapy Group

This is a 12 week therapy group focused on identifying, processing, and coping with anxiety through the use of art.

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

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<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Schedule</th>
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<tbody>
<tr>
<td>Bloomington</td>
<td>Wednesdays, 4:00-5:00 pm</td>
<td>September to May</td>
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<tr>
<td>Coon Rapids</td>
<td>Wednesdays, 5:00-6:00 pm</td>
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<tr>
<td>Eden Prairie</td>
<td>Fridays, 1:30-2:30 pm</td>
<td>June to August</td>
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Girls Therapy Group

The Girl's 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 12-14

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<tr>
<td>Bloomington</td>
<td>Thursdays, 4:00-5:00 pm</td>
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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

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<tr>
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<tr>
<td>Bloomington</td>
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ADOLESCENCE CONTINUED...

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
- Ages 17-19

**Bloomington**
- Mondays, 4:00-5:00 pm (Ages 17-19)
- Wednesdays, 3:30-4:30 pm (Ages 17-19)

**Outpatient Social Skills Groups**

Social Skills Groups provides an opportunity for members to increase social communication skills through the use of group activities, modeling, videos, visuals, and reward systems to practice and generalize skills.

- To bill insurance, individuals need a current diagnosis of ASD or related within the past 12 months with a specific recommendation for skills training
- Ages vary across sites
- Not all insurance plans cover skills training

**Bloomington**
- Tuesdays, 5:00-6:30 pm (Ages 13-16)
- Wednesdays, 5:00-6:30 pm (Ages 13-15)
- Thursdays, 3:30-5:00 pm (Ages 12-14)
- Thursdays, 5:00-6:30 pm (Ages 15-17)
- Thursdays, 5:00-6:30 pm (Ages 14-18)
- Thursdays, 5:00-6:30 pm (Ages 11-13)

**Coon Rapids**
- Thursdays, 4:00-5:30 pm (Ages 12-14)

**Eagan**
- Thursdays, 4:30-6:00 pm (Ages 12-14)

**Eden Prairie**
- Wednesdays, 4:30-6:00 pm (Ages 12-14)

**Woodbury**
- Mondays, 4:00-5:30 pm (Ages 12-14)

REGISTRATION INFORMATION
To learn about Group Skills sessions and availability, please call the Fraser Intake Line at 612-767-7222
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

Coon Rapids  Mondays, 4:00-5:30 pm
Eden Prairie  Tuesdays, 4:30-6:00 pm (Date Varies)

Social Communication Skills Group

The Social Communication Skills group is a 15-week social skills intervention for motivated teens and young adults in high school and/or college who are interested in improving their communication skills. The curriculum for this program is based on the “Communication Effectiveness Profile” by Dr. Jon Warner. Parents attend a multifamily group therapy group to learn about ASD and its impact on social (pragmatic) language, along with how to support their teen in improving their skills. Clients will meet with skills trainers to practice/learn techniques to support improved social communication skills.

- To bill insurance, individuals need a current diagnosis of ASD or related within the past 12 months
- PEERS is recommended as a pre-requisite, but not required.
- Ages 14-20

Eden Prairie  Tuesdays, 4:30-6:00 pm (Date Varies)

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 14 to 17

Bloomingtom  Wednesdays, 5:30-6:30 pm
Woodbury  Wednesdays, 4:00-5:00 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

- **Bloomington**  Monday, 5:30–6:30 pm (12 weeks)
- **Coon Rapids**  Wednesday, 5:00–6:00 pm (Potential Childcare)
- **Eden Prairie**  Monday, 9:30–10:30 am
- **Richfield**  Thursday, 1:30–2:30 pm
- **Woodbury**  Tuesday, 4:00–5:00 pm

**Parent Group 101**

This group is a 12 week group targeted for families who have recently been through the evaluation process and received a new diagnosis of ASD. The intent of this program is to offer support and education regarding diagnoses, service recommendations, community resources and strategies.

- 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

- **Coon Rapids**  Thursday, 5:00–6:00 pm (Potential Childcare)
- **Eagan**  Friday, 12:00–1:00 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

- **Coon Rapids**  Wednesday, 5:00–6:00 pm (Summer Only)
  Ages (9–13)
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

Bloomington  Wednesdays, 6:00–7:00 pm (Potential Childcare)-
Group Offered Every other Week

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

Bloomington  Wednesdays, 6:00–7:00 pm (Potential Childcare)-
Group Offered Every other Week
Eagan  Wednesdays, 4:30–5:30 pm
Eden Prairie  Wednesdays, 5:00–6:00 pm
Group Offered Every other Week
ADULTS

**ARMHS Social Skills Group**

This social group is for current Fraser ARMHS clients who would like to build on their social and communication skills in a group setting.
- Current Fraser ARMHS client

Fraser Lyndale Court, Bloomington  Fridays, 2:30-4:30 pm

**Creative Expressions Therapy Group**

This therapy 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+

Bloomington  Fridays, 10:00-11:00 am

**Grief Support Therapy Group**

This group is for adults who have experienced a loss in their life. We will provide an opportunity for clients to share and process grief and connect with others in a safe and supportive environment.
- To bill insurance, individuals need a current MH diagnosis within the past 12 months
- Ages: 18+

Bloomington  Thursdays, 4:00-5:00 pm

**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+

Coon Rapids  Thursdays, 3:00-4:00 pm

REGISTRATION INFORMATION
To learn about Group Skills sessions and availability, please call the Fraser Intake Line at 612-767-7222
ADULTS CONTINUED...

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
- 18+

Bloomington    Mondays, 10:00–11:00 am

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+

Bloomington    Tuesdays, 12:00–1:00 pm

Wellness Therapy Group

This therapy group is for adults who would like to increase their overall mental health wellness by connecting and sharing with others on a variety of topics and experiences.

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

Bloomington    Thursdays, 2:00–3:00 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+

Bloomington    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

Bloomington    Tuesdays, 4:00–5:00 pm

Coon Rapids    Tuesdays, 5:00–6:00 pm

Registration Information:
To learn about Group Skills sessions and availability, please call the Fraser Intake Line at 612-767-7222