



# Minnesota Mental Health Clinics

[mnmentalhealthclinics.com](http://mnmentalhealthclinics.com)

## GROUNDBREAKERS SOCIAL-SKILLS CONNECTION GROUPS

For those diagnosed with  
**AUTISM SPECTRUM AND RELATED DISORDERS**

A STRENGTHS-BASED APPROACH BUILT UPON ACCEPTANCE,  
EXPLORATION, EFFECTIVENESS, CONNECTION, AND EMPOWERMENT.

### DAYS & TIMES:

**Wednesdays (Ages 8-10):**

4:30pm – 5:30pm

**Wednesdays (Ages 10-12):**

6:00pm – 7:00pm

**Thursdays (Ages 13-17):**

5:30pm – 7:00pm

### LOCATION:

**Minnesota Mental Health Clinics  
Apple Valley Location  
15160 Foliage Ave., Suite 140  
Apple Valley, MN 55124**

### TO REGISTER:

**For more information and/or  
to set up an intake, please call  
(651) 395-5796.**

### WHAT IS THE PROGRAM?

Groundbreakers is a Social Skills-focused program designed to help children and adolescents who are struggling socially to gain the skills they need to have successful relationships with peers and adults. They may also have difficulty transferring those skills to a variety of settings, including home, school, and the community. Groups meet for 1-1.5 hours each week depending on the age group.

### WHO IS APPROPRIATE FOR THE PROGRAM?

This skills group is designed for children who have a diagnosis of Autism Spectrum Disorder. Other diagnoses that cause your child to struggle in social settings may also be appropriate (ADHD, anxiety, etc.). Appropriate candidates for the group should be able to maintain physical safety towards themselves and others and can function successfully in a small group setting.

### WHAT IS COVERED IN THE PROGRAM?

Your child will learn new skills to further their social relationships and individual development. Topic examples include:

- Social interactions, boundaries, and conflict resolution strategies
- Understanding emotions and social cues
- Improving interactions and relationships with friends and family
- Coping and self-management
- Friendship and communication skills
- Tolerating un-preferred activities, boredom, transitions
- Perspective taking
- Cognitive flexibility

Most insurance plans accepted.