

EmpowerU

group offerings for autistic teens:

The **EmpowerU Program** provides a **collaborative and client-centred** approach to treatment that includes client/family goals and interdisciplinary supervision by our BCBA and SLP.

Calling all neurodivergent youth and teens!

*Looking for a way to meet likeminded individuals in your community?
We have just the thing for you!*

Introducing EmpowerU Groups at Elemenoe in Uptown Waterloo. Our **EmpowerU Program** is dedicated to provide neurodiverse youth & teens with a **safe and inclusive space** to join together, learn new skills, enjoy common interests, and develop long lasting relationships and support systems.

All of our groups are run in 12-week blocks and offered at various times throughout the year. This gives you the flexibility to find a group that **aligns with your values** and schedule!

Our goal is to empower YOU to gain the knowledge, connections, and confidence you deserve to achieve and succeed in this phase of your life.

Follow us to stay up to date on our current offerings and learn more about how we can support you through EmpowerU.



@elemenoe



<https://www.facebook.com/elemenoe>



elemenoe
Speech, Language, Behaviour & Learning



Scan to
check out our website!

Empower U

group offerings for autistic teens:



Bust a Move: Fitness & Flow Group

- Weekly classes in yoga, dance/zumba and more! fun fitness and movement options
- Each class will include options/modifications for all abilities
- Celebrate how awesome our bodies are while learning the benefits of movement!



The Crafty Collective

- Various paint nights, crochet lessons, sketching sessions, and other creative events each week
- Facilitated by an instructor to help guide and inspire
- Advance your fine motor skills, cultivate creativity and expression, and socialize with peers



Reading Rebels

- Youth/teen oriented book club
- Discuss books, share opinions and perspectives while bonding over love for reading
- Books will be selected based on client ability and interest to ensure success and enjoyment



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Quest Crafters

- Tabletop role-play and fantasy type games alike to DnD
- Group focuses on 3-4 games across the 12 weeks, giving clients the opportunity to learn and enjoy each game.
- Work on narrative language skills, communication, critical thinking, and creativity



The Great Escape

- New escape rooms every week (defuse bombs, escape haunted houses, and complete more awesome adventures!)
- Work on problem solving, critical thinking, communication and time-management



Tactical Teens

- Play popular board and card games weekly in our teen lounge
- Develop your communication and team work skills while you make connections with people in your community

