



**For more information about our Let's Socialize program, please contact:**

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Visit our Website:  
<https://empowersimcoe.ca/lets-socialize>

## **Where Is Let's Socialize Offered?**

Program will run in-person:

- Fall
- Spring

**Future programs may be offered in Barrie, Orillia, Bradford, Collingwood or Midland.**



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## What is Let's Socialize?

Let's Socialize is a FREE, 12 week program to support social skills development and understanding of healthy sexuality. The program is presented within an environment that allows for youth to have fun and make new social connections. It is designed for youth ages 12 – 16 and their parents; it is co-facilitated by Empower Simcoe and Mackenzie Health Centre for Behavioural Health Sciences.



## Is My Child Eligible?

In order to participate in the Let's Socialize program, youth must:

- Be between the ages of 12 and 16
- Live in Simcoe County
- Be living with a neuro diversity such as Autism Spectrum Disorder, Fetal Alcohol Spectrum Disorder, Intellectual Disability
- Be able to participate independently in a classroom type setting gathering up to 1.5 hours
- Youth must consent to participation and be able to commit to the entire 12-week program

## How Do I Get Connected?

Step 1: Contact the Family Support Program to receive the referral package.

Step 2: Complete referral package.

Step 3: A Family Support Worker will contact you to review your referral and determine eligibility for an upcoming group. Programs run in the Fall and Spring.

Step 4: Prior to the beginning of the group, you will be contacted by a Behaviour Consultant to complete a pre-test to determine your youth's current knowledge, and set goals for the group.

## Why is Parent Participation Important?

Parent participation is crucial to the success of your youth in the Let's Socialize program. You will learn reinforcement strategies to ensure the continued success of your youth at home, as well as support your youth to understand healthy relationships and sexuality. You will also have the opportunity to connect with other parents and share experiences in a welcoming environment. Parent sessions run alongside youth programming, and are facilitated by a Family Support Worker.

**We look forward to meeting you!**