

**Step Up Family Services**



*Every journey begins one step at a time*

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# GROUP PROGRAMS

## Social Skills

Our Social Skills Groups are aimed at bringing youth with I/DD needs together to interact and learn skills using Applied Behavior Analysis techniques. Skills that will be worked on include conversation skills, helping and taking turns, and making friends through activities like cooking, role play, sports, and music, among others.

## Sibling Empowerment

Our Sibling Empowerment Groups aim to bring siblings of the youth we serve together to a safe, comfortable space where they can express themselves and also learn to help support their siblings, while still feeling like they have a voice in the family too.

## Contact Info

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## Parent Empowerment

Our Parent Empowerment Groups aim to bring caregivers together in a safe, comfortable space where they can discuss the needs of their families. These groups will be an open format where caregivers can speak with other caregivers along with professionals who are there to answer questions that may arise as well. Our staff will also be able to present on topics the group wants to talk about or gather more information about.