

Example Social Participation & Community Engagement Structured Session

Session Focus

Social communication, emotional regulation, and community participation.

Participant Goals Being Targeted

- Improve peer interaction and communication skills
- Build confidence in group environments
- Develop independence and decision-making skills
- Increase emotional regulation strategies during social activities

Planned Activities

- Supported group cooking activity
- Collaborative team game
- Community access activity
- Guided group discussion and reflection

Staff Role

YR SPACE staff actively facilitate and support:

- communication and social interaction
- turn-taking and collaborative participation
- emotional regulation and coping strategies
- supported decision-making and independence
- participant engagement and inclusion within the group setting

Expected Outcomes

Participants are supported to:

- engage appropriately with peers
- increase confidence in social settings
- develop independence during structured activities
- practise communication and emotional regulation skills in real-life environments