

# Unstuck and On Target

Does your child have difficulty with flexibility, emotion control, and staying on task?

Join from home and learn how to improve your child's flexibility, emotion and behavior regulation, planning/ organizing and other executive function skills!



## WHO:

- Caregivers of school-age children (7-12 years old) with Autism Spectrum Disorder (ASD) and difficulty with flexibility, emotion and behavior regulation, planning/organizing and staying on task. Children must have the verbal ability of a 6-year-old or greater.

## WHAT:

Unstuck and On Target is a research based online intervention program (Kenworthy, 2018) to help you better understand your child's behavior and executive functions, including skills such as responding flexibly, regulating emotions, and planning/organizing tasks. Weekly online modules can be completed at each caregiver's own pace for 9 weeks. To promote the skills you learn in modules, caregivers also participate in weekly online group coaching sessions with a psychologist for 30 minutes.

**\*NOTE:** Online group coaching sessions are only for caregivers. Children do not participate in sessions. Caregivers must complete online questionnaires and attend all online group coaching sessions. Group participation is billed under caregiver insurance. Copayments may apply. Please contact your insurance company for further information.

## WHERE:

Bradley Hospital, *Verrecchia Clinic for Children with Autism & Developmental Disabilities*  
1011 Veterans Memorial Parkway, East Providence, RI 02915

### Questions? Ready to register?

Please contact the Outpatient Department (401.432.1119).  
A phone intake interview will determine program eligibility.



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