



CLASS INFORMATION.

Class Size: Each session is limited to 6-8 families.

Class Schedule: CIRCLES® Part I is a 7-week commitment. CIRCLES® Part II is 6 weeks. While we try to separate the classes as best we can into groups of similar cognitive abilities, we understand that there may be scheduling difficulties that preclude us from forming classes in this manner. We remain committed to meeting your needs as best we can. **Please contact the Program Coordinator at the below listed telephone number and/or email address for additional information.**



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“Teaching Social Distance & Levels of Intimacy”

Presented by:



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The CIRCLES® Program teaches social distance and levels of intimacy through the use of six color coded concentric circles. Starting from the center of the circle, which is the self, each new colored circle represents behaviors, feelings, and actions appropriate to the distance from the center, or self. For example, a person may hug or kiss members of the family, people in the Blue Hug Circle, but only wave to the mail carrier, who is in the distant Orange Wave Circle. The CIRCLES® Program assists individuals to discriminate different degrees of intimacy and to adapt their behaviors accordingly.

The program teaches individuals how relationships can be formed and maintained according to the social norms of our day. Thus, the CIRCLES® Program lays the foundation for people with social deficits, due to their disabilities, to manage the amount of personal responsibility and social integration in their lives.

WHO SHOULD ATTEND?

Special needs children/adolescents and young adults with a social skills level of at least 5 years old and above. Call for consideration outside these ranges.



PARENT CONSULTATION.

It is critical that parents/caregivers participate with their child for the program to be successfully integrated into everyday life. Parents/caregivers must attend each Parent/caregiver session. (i.e., two 30-minute sessions, one after Session 4 and one after Session 7).

It is highly recommended that prior to acceptance to the class, a parent/caregiver schedule a 60-minute parent/caregiver consultation. This includes an overview of the CIRCLES® program, a preview of the videos, an understanding of class structure, curriculum, and expectations from the CIRCLES® participant and parent/caregiver. Also included is time for a Q&A. Admittance to classes is based on space available.

CIRCLES® PART I.

This 7-session program, recommended for children/adolescents with the cognitive level of age 5 and up, teaches social distance skills through video discussion, activities and role play. The program's goal is to teach "relationship boundaries," and relationship-specific behaviors, i.e., when is it appropriate to hug someone, shake hands, and wave hello. Each session lasts 1 hour. It is recommended that parents/caregivers attend a one-hour consult prior to the start of the program, a half-hour session immediately following the 4th session, and an additional half-hour session immediately following the last session.



CIRCLES® PART II.

This 6-session program is recommended for individuals who have successfully completed CIRCLES® I. The focus of CIRCLES® Part II is on relationship transitions and the ever changing nature of relationships over time, i.e., the development of someone as an acquaintance into a friend.

Classes based on The CIRCLES® Program, James Stanfield Publishing Company, Santa Barbara, CA.

