



SOCIAL SKILLS GROUP **FOR CHILDREN AGES** **9-12**

The Social Skills Program is designed to help children:

- ✓ Develop and maintain friendships
- ✓ Improve communication
- ✓ Understand social cues and nonverbal communication
- ✓ Manage emotions
- ✓ Be more flexible in their thinking
- ✓ Show interest in others
- ✓ Manage conflict

Social skills topics include:

- ✓ Being a good sport: deciding who goes first, taking turns, being a good winner/loser
- ✓ Communication: initiating, showing interest in others, elaborating on what is said, making small talk
- ✓ Nonverbal cues: facial expressions, gestures, eye contact, etc.
- ✓ Problem solving: what to do when you don't know what to expect
- ✓ Flexible social thinking: what to do when things don't go your way
- ✓ Managing stress: understanding and identifying emotions, developing coping, understanding emotions of others and showing empathy
- ✓ Dealing with teasing

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EACH SESSION YOUR CHILD WILL:

- ✓ Learn the steps of a specific skill
- ✓ Practice the skill with his/her peers in a supportive and fun environment.
- ✓ Be given engaging activities to practice outside of the group to help generalize skills.

**Call To Enroll
for Fall 2017!!!**