

# SOCIAL SKILLS PROGRAM

A program for children and adolescents ages 5 to 16 that addresses their social and emotional functioning.

## GOALS OF THE PROGRAM:

- Development of positive peer relationships
- Problem solving skills and anger management
- Confidence building and strengthening of self esteem
- Development of self-control
- Improve communication skills



## PARTICIPANTS WILL DEVELOP AND PRACTICE SOCIAL SKILLS THROUGH THE USE OF:

- Role plays
- Group activities
- Worksheets
- Weekly lessons



## YOUTH WHO PARTICIPATE WILL LEARN HOW TO:

- Use self control
- Deal with anger
- Express feelings
- Communicate effectively
- Participate in activities
- Problem solve

*Parents are encouraged to target individual goals at home to promote parental participation.*

*A bi-weekly Parent Support Group runs simultaneously with the children's group.*

*Sessions are 1 1/2 hours in length for ten (10) weeks.*

*Classes are divided by age group. A separate group is available for teens.*

*For additional information, contact:*

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