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## Adolescent Social Skills Group

### What are Social Skills?

For many children, learning to communicate and make friends can be challenging. Social skills are needed to understand how to engage others in meaningful conversations, by utilizing both verbal and non-verbal communication.

#### Social Skills Components

- Communication Skills (Verbal and Non-Verbal)
- Understanding social conventions
- Turn taking and participating equally in conversation
- Recognizing emotions in oneself and others
- Reading Body Language
- Conflict Resolution

### Our Program

- Participants between the ages of 10-13
- Four week program with follow up activities to be practiced in between sessions
- Sessions: Wednesday Nov. 23, Nov. 30, Dec. 7, Dec.14 @ 4:00-5:00pm
- Cost: \$40 per participant for the four week program

\*Registration is required and spaces are limited

### Contact Us

For more information, or to register your child, please contact Ashley MacFarlane.

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