



# Social Skills Groups

Groups help children improve their interpersonal relationships, social communication skills, and problem-solving abilities. Children with language-based disabilities often face social challenges in the classroom and in community settings. Our program is designed to equip children with the skills they need to respond appropriately to social stresses.

- ✓ Groups meet weekly for 60 minutes.
- ✓ Children are grouped by age and developmental level.
- ✓ Groups are limited to 4-6 children with similar skill levels.

## Helping children who. . .

- ✓ Feel different and do not feel okay about feeling different.
- ✓ Have trouble keeping up with the social interactions of their peers due to processing or language delays.
- ✓ Misinterpret social cues and scare away potential friends.
- ✓ Have issues with separations and independence.
- ✓ Feel rejected by peers and don't know why.
- ✓ Have difficulty sharing and taking turns.
- ✓ Are shy, unassertive and vulnerable to being picked on.
- ✓ Are lonely

### Program Details

**When:** 10 sessions –

Wednesday evenings 5:30-6:30

**Sessions:** December 2<sup>nd</sup> through February 17<sup>th</sup>. No session 12/23 and 12/30

We use the Social Star's curriculum, which is evidence based and focuses on teaching children ages 5-10 a variety of social skills, focusing social success in school, at home, and around the community. It provides engaging lessons that involve modeling and role-playing, with fun games and activities.

Lessons are tailored to the individual needs of group members and address several areas including: 1) friendship making skills; 2) school related skills/classroom survival skills; 3) dealing with feelings, alternatives to aggression; and 4) conversational skills

A handout is given after each session to share with parents what the focus of the lesson was and tips to help their child at home. Follow up activities are also given so parents can reinforce the skills learned.

**Groups led by Cheryl Wilkie, CCC-SLP, who is a certified speech and language pathologist, specializing in the pragmatics of language and in auditory processing.**



### Call or email for more information!

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