

# Winter 2023 Social Skill Groups

12 weeks, from mid January to the end of March 2023  
Students are grouped by developmental age, need and interest.

The focus of each group will be to address a wide range of social skills appropriate to the developmental level of the group.

**Preschool-K:** Through structured play students will practice turn taking, listening, strengthening social/emotional skills, learning to share space, and more.

**Lower Elementary:** Social/emotional skills will be taught through structured lessons and play. Students will learn social vocabulary, problem solving skills, active listening skills, cooperation, impulsive control, social communication, and more.

**Upper Elementary:** Fun and interactive groups that learn skills while playing games and participating in engaging activities. General topics include how to make friends, conversational skills, coping skills, social awareness, and more.

**Middle School:** These are the toughest social years and the group is focused on building confidence, self-awareness, understanding social language, developing people skills, and more! Positive, fun and interactive!

**High School:** Learning social competencies to help student meet social success in high school and within the community. Topics include emotional regulation, coping skills, assertive communication, current events, dating, social media, developing tolerance for others, respect, and more!

**Transitional Group:** Ages 18-21 Autism Level 1, navigating independence, life skills, goal setting and more.

## Teen Group

Ages 15-18

High School Students are vulnerable to the pressures of a fast pace social and academic life. The group will allow opportunities to connect and share stories with similar aged peers in a positive, safe and structured environment. Students will learn strategies and tips to cope with stressors, reduce worry, and problem solve more effectively. Art and other activities will be utilized to foster communication, build rapport and encourage social interaction among the group.



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