



8-Week Social Skills Groups

*Girls group (ages 8-12) on Thursdays from 4-5 pm with an anticipated start date being February 6th

*Boys group (ages 8-12) on Fridays from 4-5 pm with an anticipated start date being February 7th

(Group start dates will be determined when max number of members is reached, which is 5-8 members per group. An 8-week commitment is required due to attendance being very important to the group process.)

About: Art, play, teaching, modeling, role play, social interactions, and fun will be utilized in each group to help girls and boys (ages 8-12) learn and practice social skills. The social skills groups will provide members with the opportunities to positively interact and relate with peers, improve social skills, boost self-esteem and confidence, and enhance creativity! Each group, I will focus on a specific social skill from the areas of classroom survival, friendship making, dealing with feelings, alternatives to aggression, and dealing with stress. The main goal for the groups is for members to learn important strategies such as goal setting, problem solving, impulse control, cooperating, dealing with bullying/teasing, handling their emotions and other's emotions, etc. The specific skill addressed each week in group will be determined based on the members' needs, as well as member and parent feedback.

Location:

1825 East Northern Avenue

Phoenix, Arizona 85020

(Conference room in center of the building)

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