



Therapy for children, teens, adults, couples & families who want to live an "EXCEPTIONAL" life!

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## **Social Skills Support Group for Children (ages 5-21) and Parents**

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### **Does your child struggle with:**

- ❖ *Making or keeping friends* ❖ *Acting appropriately in social situations*
- ❖ *Picking up on social cues, tone of voice and body language*
- ❖ *Building and maintaining friendships*
- ❖ *Having an accurate perception of how others see them*
- ❖ *Stress, frustrations and anxiety*



**The child/teen group will utilize discussion and creative problem solving to help:**

1. Pick up on social cues, tone of voice and body language.
2. Initiate/join-in conversations.
3. Build and and maintain friendships.
4. Learn how to deal with challenging social situations.
5. Recognize triggers, deal with conflict and respond rather than react in times of stress.

**The parenting group will focus on:**

1. Positive ways to effect social skills changes.
2. Understanding how your child can best interact with peers.
3. Communication techniques.
4. Review and discussion on how to implement the tools taught in the children's group.
5. Role playing difficult scenarios.

***For your convenience both groups will be held at the same time and location.***

**Intake appointments are going on now at the Manalapan location. Call 908.415.2042 to schedule.**