



AAA Counseling and Consulting Services
935 Park Avenue, Plainfield, NJ 07060

Presents:

Social Skills Group for Teens

Our 8-week Social Skills Group provides teens an exciting opportunity to improve the manner in which they communicate and interact with others. Social skills are an integral part of building healthy relationships, excelling in school, and discovering interesting opportunities. Come join us for this exciting experience.

Please give us a call at **908-312-3232** to obtain information on the dates and times of our next scheduled group.

Social skills are an integral part of adolescence and adulthood, contributing greatly to academic achievement, participation in sports and clubs, enrollment in college, employment opportunities, and overall self- fulfillment.

The purpose of the Social Skills Group is to reinforce skills related to positive social interactions within the home and at school. Teens will be equipped with the tools needed to establish empathy for other people, strengthen self- regulation, engage in effective conflict resolution, and will learn to make decisions in which they put their safety first.

Please refer students to this group that:

👤 Experience difficulty utilizing problem solving skills (apologizing when necessary, deciding how to proceed when faced with an obstacle, accepting consequences)

👤 Have trouble getting along with other students.

👤 Need development in interpersonal relation skills.

👤 Have limited empathy for other people.

👤 May experience difficulty expressing their true thoughts and feelings in a respectful way.

👤 Struggle to take accountability for their own actions.

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