

FACC'S SUMMER SOCIAL SKILLS GROUP 2024

STAY CALM, CARRY ON MAKING & KEEPING FRIENDS

This 9-week session is devoted to helping group participants learn skills related to the core components of healthy friendships—i.e., caring, respect, responsibility, generosity, honesty, and being fun to be around. We will work on practical ways to apply them to navigate tricky situations in relationships utilizing regulation and coping strategies.

Schedule for Group

5:00 p.m.-5:20 p.m. Check-in & eat (**each participant brings their own dinner**), goal setting

5:20-6:00 p.m. Physical/Group Recreation @ Park or components of neurological reorganization/SMART at FACC

6:00-7:25 p.m. Staff Teaching and Craft

7:25-7:30 p.m. Wrap-up



Thursdays

5 p.m.-7:30 p.m.

Dates:

June 13, 20, 27

July 11, 18, 25

August 8, 15, 22

**To Register, please
contact**

**Melissa Nichols, MA,
LMFT**

Melissa@familyattachment.com

Or

952-475-2818, ext. 1010



FamilyAttachment

COUNSELING CENTER

102 North Chestnut St.

Chaska, MN

952-475-2818

Familyattachment.com