

**FALL/WINTER SOCIAL SKILLS
GROUP 2024:**

**FINDING THE
MIDDLE
GROUND**

**Tips and tricks to help your child be
successful in making and keeping friends**

This 7-week session is devoted to helping group participants learn dialectical behavioral skills and apply them to navigate tricky situations in relationships.

Group Schedule

5-5:25 Check-in & eat (each participant brings their own dinner), goal setting

5:35-6:15 Physical/Group Recreation @ Park or components of neurological reorganization/SMART at FACC

6:15-7:25 Staff Teaching and Craft

7:25-7:30 Wrap-up



On Thursdays

from

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

Dates:

Sept. 12 & 26,

Oct. 10 & 24,

Nov. 7 & 21,

Dec. 12

**To Register, please
contact :**

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LMFT**

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or

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