

Due to COVID-19 and social distancing requirements, we are not currently offering in clinic social skills groups or peer speech therapy. In order to meet the needs of our clients, we are offering these sessions via virtual meetings.

### 2021 Winter Social Skills Group Schedule

#### MONDAYS

**DATES: 1/18, 1/25, 2/1, 2/8, 2/15, 2/22, 3/1, 3/8, (8 Weeks)**

#### Social Skills

3-4 pm

Ages 7-8

4:15-5:15 pm

Ages 9-10

This group focuses on friendships, reducing anxiety, improving the ability to manage feelings of frustration, and building confidence. Lessons and hands on activities help participants practice self-reflection, self-management, and social skills. This group may be covered by insurance and requires an initial assessment for participants new to the clinic.

#### WEDNESDAYS

**DATES: 1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/3, 3/10 (8 Weeks)**

#### Social Skills

8 weeks

4-5 pm

Ages 11-13

See description listed under Monday

#### Meet & Greet

8 weeks

5:15-6:15 pm

Ages 14-18

This teen social group covers topics including how to handle increased independence, bullying, and peer pressure. Individual group member concerns will also be addressed. Groups are built around an activity to create a relaxed environment to encourage open discussion of topics and to build age appropriate social interaction skills. This group may be covered by insurance and requires an initial assessment for participants new to the clinic.

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### 2021 Winter Peer Speech Therapy Schedule

Due to social distancing requirements, we are not currently offering in clinic social skills groups or peer speech therapy. In order to meet the needs of our clients, we are offering these sessions via virtual meetings.

#### TUESDAYS

3:30-4:30 PM

Ages 9-12

**DATES: 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/2, 3/9**

#### THURSDAYS

3:30-4:30 PM

Ages 5-8

**DATES: 1/21, 1/28, 2/4, 2/11, 2/18, 2/25, 3/4, 3/11**

This intervention brings together 2-4 children scheduled with a speech-language pathologist once a week for 8 weeks. It will focus on teaching children how to adapt their language based on the social situation, teaching the rules of conversation, turn taking, non-verbal communication skills, understanding non-literal language, problem solving, interpreting, and expressing emotions.

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**Call (503)352-0240 for more information or visit [www.nhws.us](http://www.nhws.us)**

New Horizons Wellness Services, LLC is a multidisciplinary clinic specializing in providing occupational and speech-language pathology, social skills groups, psychological evaluations, and counseling services for children, adolescents and adults. Our clinic is in-network with most major insurance companies, however, we are not in network with Oregon Health Plan and do not bill Medicare, Medicaid or Workman's Compensation.