

## **2023 Fall Social Skills Group Schedule: Sept. 18 - Nov. 10th**

### Social Skills

#### **MONDAYS**

4:30-5:30 PM

5:45-6:45 PM

(8 Weeks)

Ages 8-10

Ages 11-13

**DATES: 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6**

This group focuses on helping participants develop friendship skills, reducing social anxiety, improving the ability to manage feelings of frustration, and building confidence in social situations. Lessons and hands-on activities are used to help participants practice self-reflection, self-management, and social skills. This group is designed to teach critical social skills that your child is having difficulty picking up. In the group, participants learn these skills in an environment that's structured, but feels natural. The idea is to create the conditions of everyday life to prepare participants for day-to-day social situations. An initial assessment is required for participants new to the clinic. Fees are \$1000 for each 8 session cycle and include the opportunity to have a 30 minute private consultation with the provider following the last session. Facilitator: Dr. Patrick Ethel-King, Ph.D.

### Social Skills- Teen

#### **WEDNESDAYS**

4:30-5:30 PM

(8 Weeks)

Ages 14-17

**DATES: 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8**

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.

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## **2023 Fall Peer Speech Therapy Schedule**

Peer Speech Therapy brings together 3-4 children to focus on improving speech sound production and social communication skills required to be successful in peer interactions. Participants will have the opportunity to learn from others who have similar communication needs and practice social skills such as sharing and taking turns. Facilitator: Samuel Skaaland, CCC-SLP  
An initial assessment is required for participants new to the clinic. Fees are \$125 per session and attendance at all 8 sessions is required.

#### **TUESDAYS**

5:00-6:00 PM

Ages 4-6

**DATES: 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 11/7, 11/14**

#### **THURSDAYS**

5:00-6:00 PM

Ages 6-8

**DATES: 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9**

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## **2023 Fall "Adulting" Life and Social Skills Club**

#### **TUESDAYS**

5:00-6:00 PM

Ages 17-22

**DATES: 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 11/7, 11/14**

This club is ideal for transition age teens and young adults who are struggling to gain the skills needed for social interactions independence in adulthood. Participants work with peers to gain insight and perspective taking skills. If your child is not attending Occupational Therapy sessions at NHWS, we will complete a brief free screening to determine if this program is a good match for your child. Cost: \$800 for each 8 session cycle. This club is not eligible for reimbursement through insurance. Facilitator: Melodie Ethel-King OTR/L

New Horizons Wellness Services is a boutique clinic specializing in providing occupational therapy, speech-language pathology, psychological evaluations, counseling services, and groups and clubs for children, adolescents and adults. We are not in-network with commercial insurance and do not accept Federal or State funded insurance plans.