

2024 Winter Social Skills Group Schedule: Jan 15th – March 13th

Social Skills

MONDAYS (8 Weeks) **DATES : 1/15, 1/29, 2/5, 2/12, 2/19, 2/26, 3/4, 3/11**
4:00-5:00 PM Ages 8-10
5:15 - 6:15 PM Ages 11-13

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 (8 Weeks) **DATES: 1/17, 1/31, 2/7, 2/14, 2/21, 2/28, 3/6, 3/13**
4:30-5:30PM Ages 14-17

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.

2024 Winter Social Play Club Schedule

Facilitated play helps children to gain skills required to be successful in peer interactions. Participants will be supported in sharing, taking turns, giving, receiving and requesting. Through multisensory play in the therapy gym, stories, games, arts & crafts and music kids are supported as they use self regulation and gain awareness of others. Strategies and suggestions for parents are provided to aid carry-over. Facilitator: Melodie Ethel-King OTR/L

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. This club is not eligible for reimbursement through insurance. Fee for all 8 sessions is \$440 due at the first session.

TUESDAYS 4:00 - 5:00PM Ages 6-8 **DATES: 1/30, 2/6, 2/13, 2/20, 2/27, 3/5, 3/12, 3/19**
THURSDAYS 3:00 - 4:00PM Ages 4-6 **DATES: 1/18, 2/1, 2/8, 2/15, 2/22, 2/29, 3/7, 3/14**

2024 Winter "Adulthood" Life and Social Skills Club

WEDNESDAYS 11:00 - 12:00 PM Ages 17-22 **DATES: 1/17, 1/31, 2/7, 2/14, 2/21, 2/28, 3/6, 3/13**

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

Call (503)352-0240 for more information or email contact@nhws.us