

## 2024 Spring Social Skills Group Schedule

**MONDAYS**

**(8 Weeks)**

**DATES : 4/01, 4/08, 4/15, 4/22, 4/29, 5/06, 05/13, 5/20**

**4:00-5:00 PM: Ages 8-10**

**5:15 - 6:15 PM: Ages 11-13**

This Social Skills group focuses on helping participants develop friendship skills, reduce social anxiety, improve the ability to manage feelings of frustration, and build confidence in social situations. Lessons and hands-on activities are used to help kids 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. Children 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. **Cost:** \$125/group session, may be insurance reimbursable (8 week group cycle and 30 minute parent consultation following last group session). Facilitator: Dr. Patrick Ethel-King, Ph.D.

---

## 2024 Spring Social Play Club

**TUESDAYS**

**4:00 - 5:00PM**

**Ages 5-8**

**DATES: 4/2, 4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21**

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. Weekly sessions include time for social interaction with peers and cover topics such as basic conversation skills, flexible thinking, perspective taking, sportsmanship, and problem solving. 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. 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. Facilitator: Melodie Ethel-King OTR/L

---

## "Adulthood" and Teen Social Skills Clubs

**WEDNESDAYS**

**(8 Weeks)**

**DATES: 4/3, 4/10, 4/17, 4/24, 5/1, 5/8, 5/15, 5/22**

### Teen Social Skills Club

**4:30-5:30PM**

**Ages 14-18**

This social club is ideal for teens who want to gain confidence in the social skills needed to develop and maintain peer relationships. Topics covered will include sharing information and making conversation, starting and ending group conversation, finding friends, healthy relationships, bullying and peer pressure, and conflict resolution. This club is structured around in-office and community activities to create an opportunity for teens to practice and build age-appropriate social interaction skills in a safe and supportive environment. Participants who are not already receiving services at NHWS will complete a brief screening prior to the first meeting to determine if this club is a good match. **Cost:** \$100 for screening & \$520 per 8 week cycle (not insurance billable). Facilitator: Dr. Patrick Ethel-King, Ph.D

### Adulthood Life and Social Skills Club- Virtual Meetings

**11:00 - 12:00 PM**

**Ages 18-23**

This online club is ideal for transition age young adults who want to feel successful and independent in the skills needed for adulthood. We will use step by step goal setting and structured social interactions in this interactive online club. Participants work to gain insight and perspective taking skills. Participants who are not already receiving services at NHWS, will complete a brief free screening prior to the first meeting to determine if this program is a good match. **Cost:** \$440 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](mailto:contact@nhws.us)**

evaluations,counseling services and groups for children,adolescents and adults.We are not in-network with commercial insurance and do not accept Federal or State funded insurance plans.