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www.nhws.us

NEW HORIZONS WELLNESS SERVICES, LLC
Empowered from Within

13333 SW 68th Parkway, Suite 020
Tigard, OR 97223

2024 Fall Social Skills Program

Social Skills Groups

DATES: 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11

Mondays 4:00 - 5:00 PM: Ages 8-10 5:15 - 6:15 PM: Ages 11-13

DATES: 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13

Wednesdays 4:30 - 5:30 PM: Ages 14-17

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. 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.

Social Play Club

DATES: 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12

Tuesdays 5:00 - 6:00 PM Ages 5-6

Through multisensory play, 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. Facilitator: Melodie Ethel-King OTR/L

"Adulting" Life and Social Skills Club

Wednesdays (8 Weeks) DATES: 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13

11:00 - 12:00 PM Ages 18-23

This 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 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

Limited spots are available. Register today! Call (503)352-0240 for more information or email contact@nhws.us

New Horizons Wellness Services is a clinic specializing in providing occupational therapy, psychological 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.