

2025 Winter Social Skills Program

Social Skills Groups

DATES: 1/13, 1/20, 2/3, 2/10, 2/17, 2/24, 3/3, 3/10

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

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

DATES: 1/15, 1/22, 2/5, 2/12, 2/19, 2/26, 3/5, 3/12

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: 1/14, 1/21, 2/4, 2/11, 2/18, 2/25, 3/4, 3/11

Tuesdays 4:00 - 5:00 PM: Ages 4-5

DATES: 1/15, 1/22, 2/5, 2/12, 2/19, 2/26, 3/5, 3/12

Wednesdays 5:00 - 6:00 PM: Ages 6-8

Through multisensory play, stories, games, arts & crafts and music kids are supported as they use self regulation and gain awareness of others. 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 but it is possible to use your HSA card for payment. **Cost:** \$440 for each 8 session cycle, due at the first session. Facilitator: Occupational Therapist, Melodie Ethel-King.

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