

# The Social Butterfly Club

# SOCIAL SKILLS GROUP

Limited Spots Available

Call For Group Start Dates

## Middle School Group Topics

Group Meets Wednesdays from 4:30-5:30pm

- Boundaries
- Working Together
- Feelings
- Respect
- Truth and Lies
- Fears
- Sharing/Compromise
- Active Listening
- Anger Management + Control
- Self-Esteem + Self-Expression



## High School Group Topics

Group Meets Wednesdays from 6-7 pm

- Learning to compromise
- Coping with peer pressure
- Being assertive and confident
- Managing bullying and teasing
- Resolving conflicts and differences
- Identifying and expressing feelings
- Strengthening communication skills
- Reading and responding to social cues
- Developing and maintaining friendships
- Dealing with anger, depression, or sadness

Social skills groups are designed to help children and teens learn skills that are necessary to develop friendships and maintain positive relationships with peers. Participants will learn and practice new skills to utilize when interacting with peers via various modalities including role-plays, team-building activities, games and other therapeutic-based activities. These social skills group experiences offer youth the opportunity to become familiar with and implement interpersonal skills with the guidance, coaching, and support of licensed therapists in a small, safe, peer group setting.

Group Facilitators:  
Amanda Dellinger, LAPC, NCC  
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