

Social Skills Group



A group provided by
New Leaf Behavioral Health

for children ages 7 to 11
&
adolescents 12 to 16



What the parents are saying:

"My child loved her experience here. We will be able to review some of these concepts to have a successful middle school experience."

"She is more open and socializes a lot better than what she did previously and definitely I did see a lot of changes in her social behavior."

"I believe the support of my child's relationships with the group leaders and other participants has helped her develop stronger social skills and communication skills at home and outside the home."

What the children are saying:

"I learned how to stay out of fights and deal with my anger."

"I feel more successful in expressing my feelings."

"The most helpful skill I learned was using self control because it helps me calm myself down when I'm angry."



Groups will be held in our Raleigh office near Crabtree Valley Mall ■ Conveniently held on Saturdays

More information at www.nlbh.org ■ For more information or to reserve a place for your child call (919) 781-8370

Children's Group

- Interpersonal Effectiveness
- Conversation Skills
- Listening/Attention
- Emotional Awareness in Self & Others
- Managing Intense Emotions
- Managing Conflict with Others
- Accepting Boundaries & Limits

Contact:

- Group consists of 8 sessions that will last between 60-90 minutes, scheduled on Saturdays
- Group fee is paid in full at the beginning, with a \$50 deposit to reserve a place for your child
- Limited availability as groups typically fill up fast!

Adolescent Group

- Conversation Skills
- Emotional Awareness in Self & Others
- Managing Conflict with Others
- Self-Esteem & Assertiveness
- Managing Distressing Feelings
- Decision Making & Problem-solving
- Peer Pressure



New Leaf
Behavioral Health

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