



Making Connections

Learning the rules of friendship, solving social problems, and increasing social success

CBCW is excited to announce an upcoming opportunity to join a uniquely designed social skills group! *Making Connections* is in its second year at CBCW and is currently open for new members to join.

Target Population: Children ages 8 through 10 who are struggling to make and keep friends, who have difficulty communicating with others and reading social cues, or have other challenges that are interfering with their relationships.

Day and Time: Friday afternoons.

Structure of Group: The group will be 12 weeks long and will consist of 4 modules teaching different social skills.

Group Fee: \$75 per week

Group Leader: Dr. Suzanne Allen

Group Description: Many children struggle with navigating the social world of elementary school. Social problems often persist and many children who have limited success with peers report feeling lonely as young adults. Additionally, social difficulties often impact a child's academic and school success. Group therapy has been shown to be effective in teaching children the "rules" of friendship and the skills that they need to navigate their social world. Group therapy has the advantage of enabling therapists to observe children interacting with their peers in a nurturing environment, providing an ideal opportunity for learning and practicing social skills.

Through a highly structured set of lessons, group members will be taught skills in the following areas:

- Communication
- Self-Regulation
- Maintaining and Nurturing Friendships
- Conflict Management

A variety of research-based methods will be used to engage and teach the children including role-plays, puppet play, games, hands-on activities, and video modeling. In addition, prizes will be used to further reinforce appropriate social behavior, increase confidence, enhance self-esteem, and increase motivation for improving social skills. Weekly letters home and brief homework assignments will keep parents informed of the skills their children are learning and allow the family to practice techniques learned in group.

Please contact Dr. Suzanne Allen at 914-385-1150 (ext. 19) with any questions regarding eligibility or to make a referral.