

# Do you know a child or adolescent who would benefit from a social skills group?

CBCW is excited to announce that we are recruiting members for social skills groups that will begin meeting in October.

**Target Population:** There will be two separate groups. One group will include boys and girls ages 8 through 10 and the other group will include boys and girls ages 11 through 14. These groups are designed to help members to improve their ability to make and keep friends, and communicate effectively with others.

**Day and Time:** To be announced.

**Structure of Group:** The group will be 12 weeks long and will consist of approximately 4 modules teaching different social skills. Group members are encouraged to complete all modules and will have the option to repeat modules to reinforce skills.

**Group Fee:** \$75

**Group Leader:** Dr. Suzanne Allen

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**Group Description:** Many children struggle with reading social cues, making friends, and keeping friends. Group therapy has been shown to be effective in giving children the skills they need to develop and sustain friendships. 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:

- identifying and labeling feelings
- reading social cues
- making friends
- managing negative emotions, such as anger, anxiety, and irritability that can interfere with socializing
- coping with teasing

Role-playing will be used to assist group members with applying the skills that they learn in group. Children will obtain helpful feedback from both group members and from the group leader regarding their skills and behavior. In addition, prizes will be used to further reinforce appropriate social behavior, increase confidence, enhance self-esteem, and increase motivation for improving social skills. Brief homework assignments will keep parents informed of the skills their children are learning and allow the family to practice techniques learned in group.

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