



SOCIAL SKILLS GROUPS

2023 Spring/Summer Cycle

MONDAY- A LITTLE SPOT OF FEELINGS

Does your child know how to recognize and label their feelings? Does your child know how to recognize when they are worried or when they are having a moment of anxiety? For the next 10 Mondays, group members will learn how to recognize their own feelings and learn how to become an Emotion Detective.

Learning to be an Emotion Detective gives group members the opportunity to learn to name and label their own feelings while also gaining different strategies to cope with those feelings and emotions. Group members will learn to become an Emotion Detective in depth by watching and discussing video scenes, journaling, role playing and creating visual tools.

Every Monday: May 1st, 2023-July 3rd, 2023

5:00pm, Building 79, 3rd floor

Ages 4-8 (Max 8 participants)

TUESDAY- TRANSITIONS AND PERSONAL MANAGEMENT

Does your preteen/teen have career goals for their future? Does your preteen/teen know what community services or resources are available to assist them through their professional journey? Group members will work through a process to help determine their future goals (College, Trade School, Work Force and more!), while developing objectives to meet their goals.

Group members will learn about the importance of using and exploring community resources that can help them with their goals and what requirements are needed to use these resources. Through the Social Skills Transition and Personal Management Group, the group members learn to become self-advocates and gain essential knowledge on how to identify and utilize community resources and practice being their own best resource. The group members will also practice research skills and learn to navigate the internet to obtain information for current and future use.

Every Tuesday: May 2nd, 2023-July 4th, 2023

5:00pm, Building 79, 3rd floor

Ages 13 & up (Max 10-12 participants)



TUESDAY- TRANSITIONS: YOUNG WOMEN'S EDITION

Girls face many unique changes and challenges in their high school years and beyond. In this group made specifically for young women, we will talk about the many joys and challenges of being a teenage girl. From body image and peer pressure, to speaking up and standing out, we will help each other navigate becoming a young woman and empower each other to do so with confidence!

Every Tuesday: May 2nd, 2023-July 4th, 2023

6:00pm, Building 79, 3rd floor

Ages 14-18 (Max 10-12 participants)

WEDNESDAY- BECOOL HIGH SCHOOL

The BeCool conflict management program addresses four classes of difficult behaviors that can be expressed by others: Criticism, Teasing, Bullying, Anger/others and Anger/Self. The BeCool program uses video scenarios to symbolize COLD, HOT, and COOL responses. In time, students can watch each scenario and recall the feeling tone of the COLD, HOT and COOL responses. These students may be unable to verbalize behaviors associated with acting "COOL" but may be capable of recalling the calm tone associated with it and act accordingly.

BeCool is much more than a violence prevention program. It teaches self-control in managing conflicts in everyday situations such as sharing, keeping promises, peer pressure and handling frustration. The BeCool program helps students manage some of the most common and difficult interpersonal problems faced by adolescents. Being the brunt of teasing, bullying, anger, and criticism can produce tremendous stress, serious behavior problems, and destruction of self-esteem. Using the self-defense coping strategies presented in this program, your students will learn how to minimize the destructive effects of these behaviors, as well as promote positive interpersonal interactions. When confronted by difficult people or difficult situations, they'll know that the best defense is to BeCool.

Every Wednesday: May 3rd, 2013-July 5th

5:00pm, Building 79, 3rd Floor

Ages 14 and up (Max: 10-12 participants)

THURSDAY- CIRCLES: RELATED TOPICS

Does your child know the meaning of a boundary and the kind of talk, touch and trust we have with different individuals in our circles of life? Does your child have ways of knowing how to increase their self-esteem? Does your child know that they have autonomy and a sense of self control over themselves? Does your child know the importance of personal hygiene and have a routine they engage in? Can your child not only identify, but appropriately express their internal feelings? Does your child know how to identify physical signs that they may be ill and know when to tell the doctor? Does your child know the importance of online and internet safety?

Circles: Related Topics helps to connect social distancing and relationship topics with other related issues such



as safety, interpersonal topics, and personal growth to assist your child with taking the steps to create their most successful future. For more information, please contact Holly Lawson at hlawson@thechildrenscenter.com or 313-398-6919.

Every Thursday: May 4th 2023-July 6th, 2023

5:00pm Building 79, 3rd floor

Ages: 9-14 (Max 8 Participants)

For more information, please contact Holly Lawson at hlawson@thechildrenscenter.com or 313-398-6919.