

West Niagara Psychology Centre

www.westniagarapsychology.ca

Social Skills

Navigating the social world during adolescence is complicated. Youth who want to have friends, but experience challenges socially are at high risk for anxiety and depression. Youth can learn new social skills and strengthen existing social skills throughout adolescence and early adulthood. West Niagara Psychology Centre is offering a Social Skills group beginning this February.

The group is designed for Adolescents ages 14-18 years old who experience social challenges. Individuals with Autism Spectrum Disorder, Attention Deficit-Hyperactive Disorder, Anxiety, or Depression are welcome; however, diagnosis is **not** a requirement for enrolment. Importantly, this group is **most appropriate** for youth who have a desire to have friends AND who are willing to practice and develop new skills. Parents of each teen are encouraged to attend the group and to coach the youth in lessons/activities outside of the group. Parent participation is not a requirement.

PEERS (Program for the Evaluation and Enrichment of Relational Skills) social skills training is an evidence-based parent-assisted training program that has demonstrated success for adolescents who are having difficulty making and keeping friends. Some of the skills that will be taught include conversational skills; using electronic communication; choosing appropriate friends; handling teasing, bullying, and other forms of rejection; handling arguments and disagreements with friends; and good sportsmanship.

Quote of the Month

“Friendship is born at the moment when one person says to another, ‘What! You too? I thought I was the only one.’” – C.S. Lewis

WHEN & WHERE

Friday’s 6:30pm-8:00pm at West Niagara Psychology Center for 15 weeks.

The group begins on Feb. 21, 2020, and will end on June 12; *No group on Mar.20 2020 (March Break) and Apr.10 2020 (Good Friday).*

If interested in the group or want more information, call the office today for an intake (905) 563-9900.

Winter Groups

- Master Your Stress: Methods to Reduce Stress Through Multiple Modalities
- Social Skills for Adolescents: Learning to Make and Maintain Friends