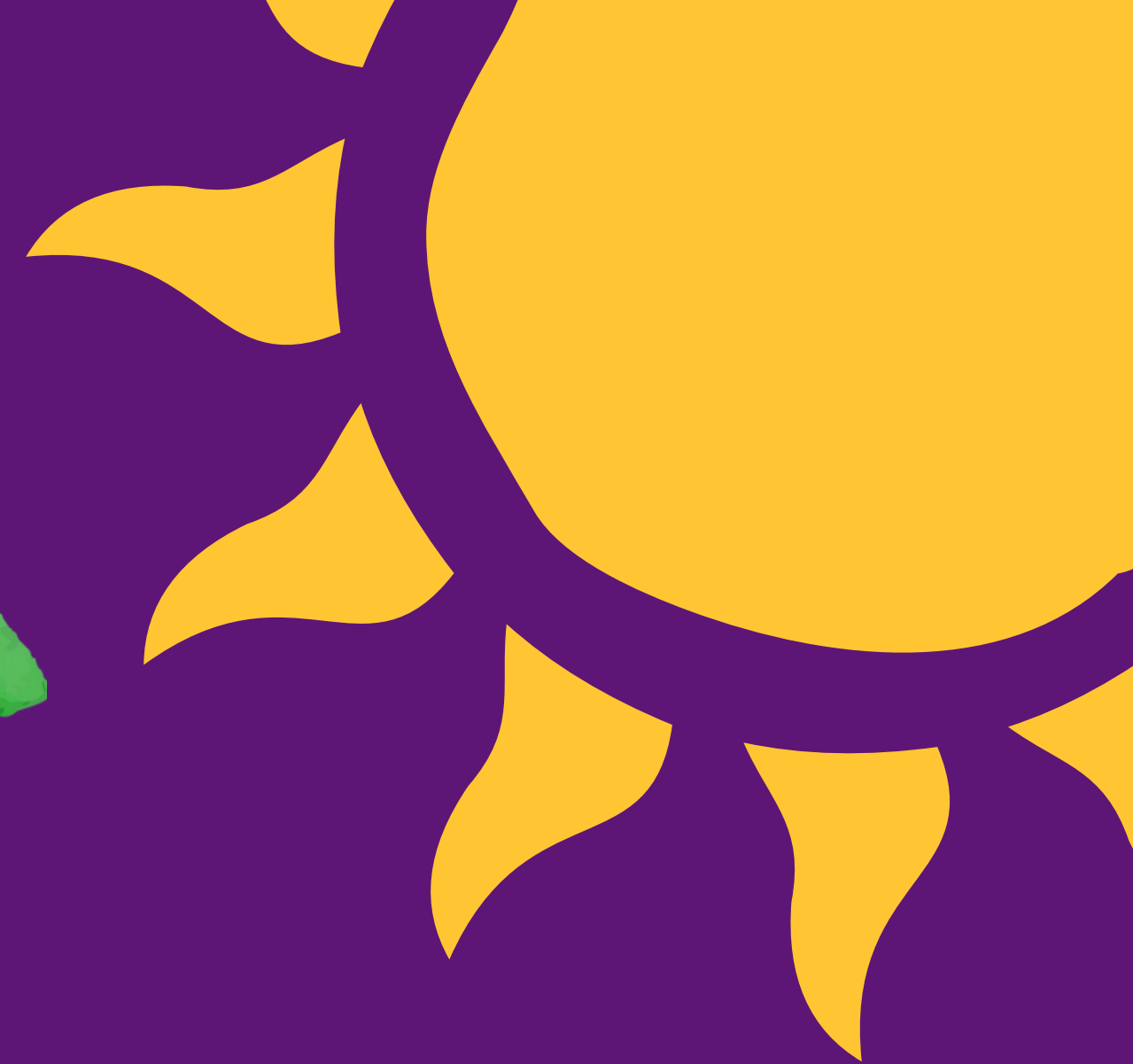


SUMMER



We are excited to announce Simply Social Summer 2024!

Join us for our weekly social skills groups **PLUS new themed-based specialty groups for anxiety, anger management, bullying prevention, and coping skills.**

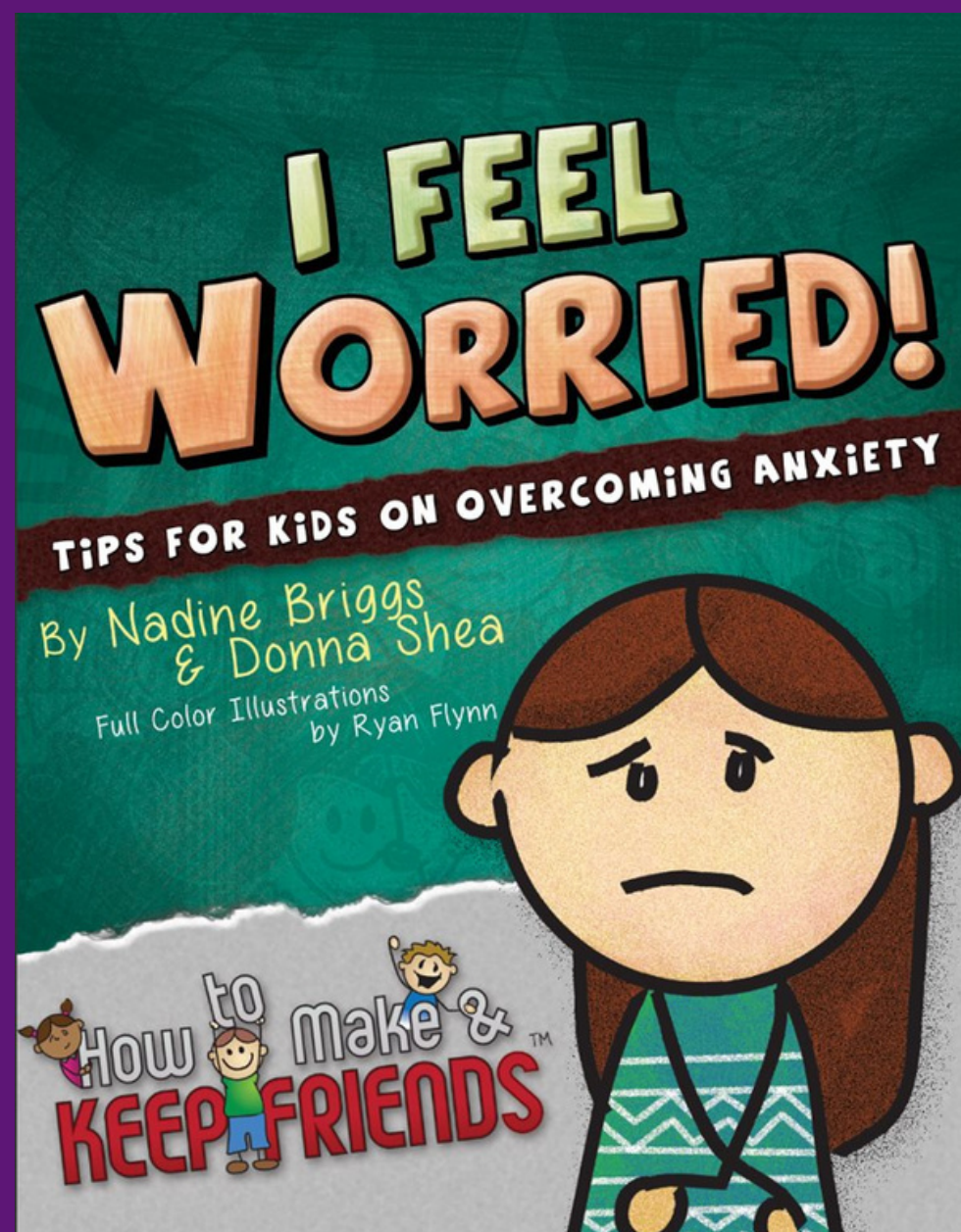


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Skillshop: I Feel Worried Ages 8-11



Anxiety is becoming increasingly prevalent among children, particularly since the pandemic. In this skillshop, we explore the workbook, "I Feel Worried," co-authored by Nadine Briggs. With a focus on empowering children to manage anxiety, this interactive skillshop covers topics such as understanding the brain science of anxiety, labeling feelings, identifying physical sensations of anxiety, and implementing practical coping skills. Kids will learn to overcome anxious thoughts and become expert "worry ninjas."

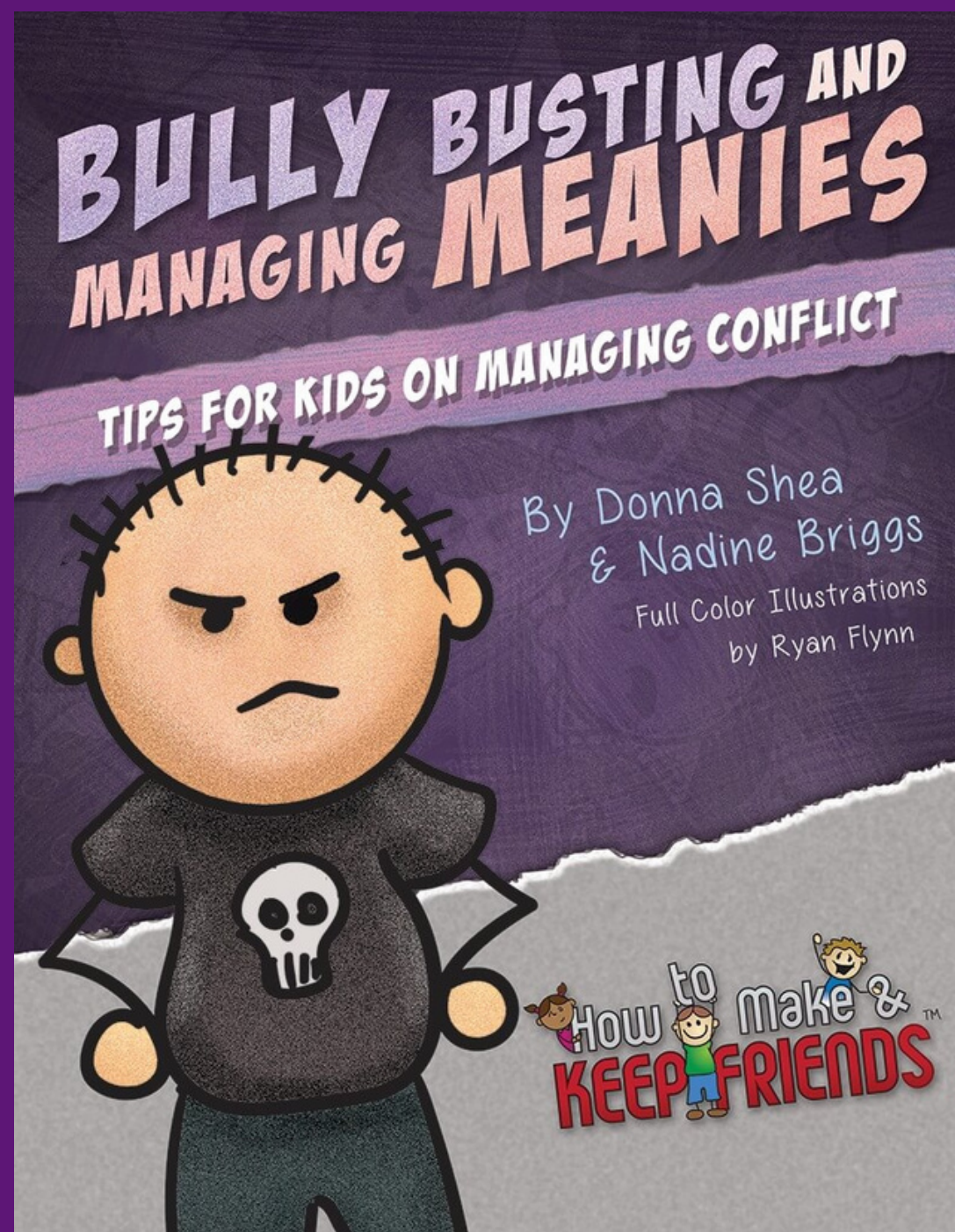
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Skillshop: Bully Busting & Managing Meanies

Ages 8–11

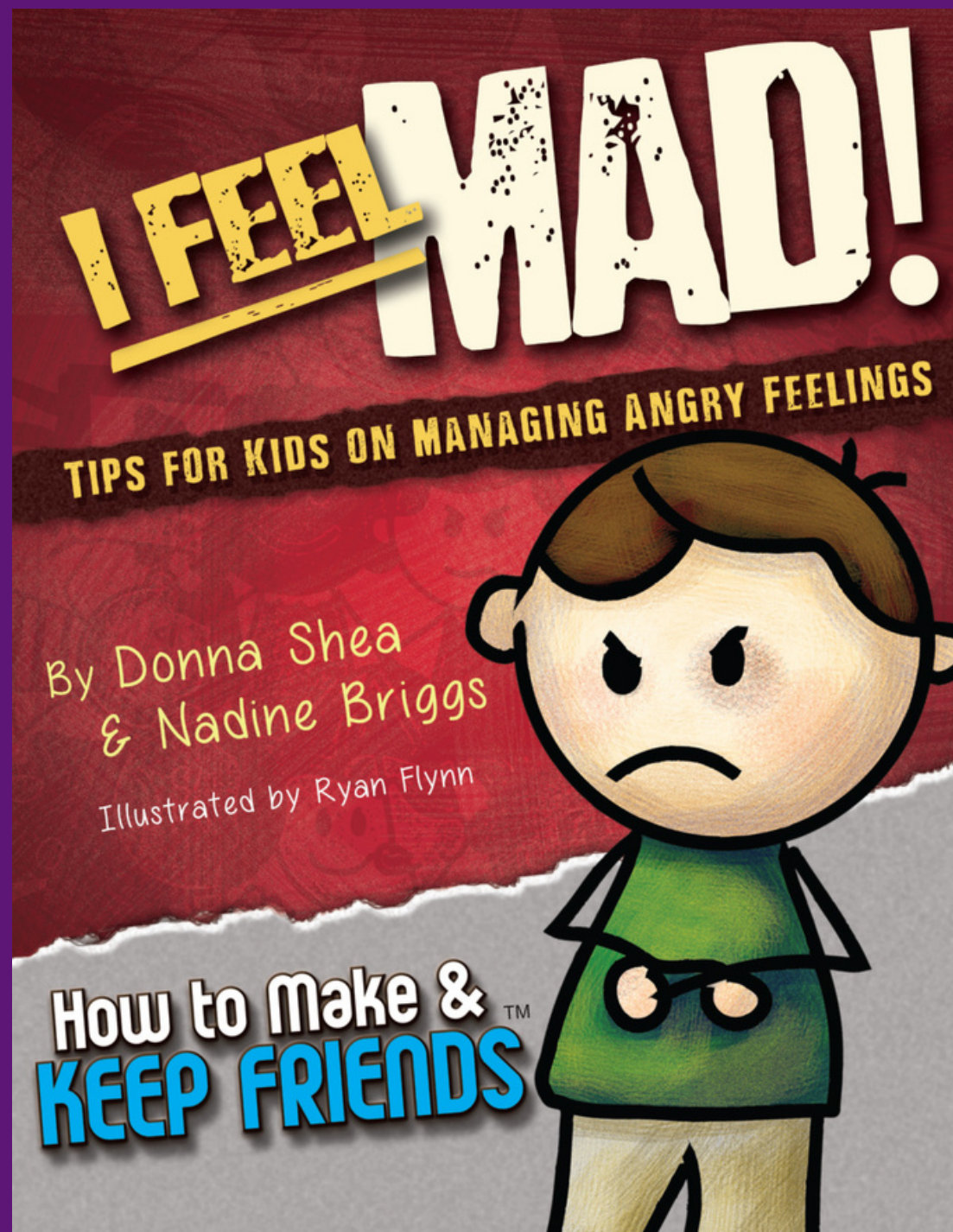
Bullying is a serious issue affecting many children. In this skillshop, we delve into the issue of bullying guided by the workbook, "Bully Busting & Managing Meanies," co-authored by Nadine Briggs. The skillshop provides actionable strategies to empower children in dealing with bullying situations. This interactive group explores the distinctions between bullying and conflict, building self-confidence, seeking help, and fostering a positive social environment.



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Skillshop: I Feel Mad Ages 8–11

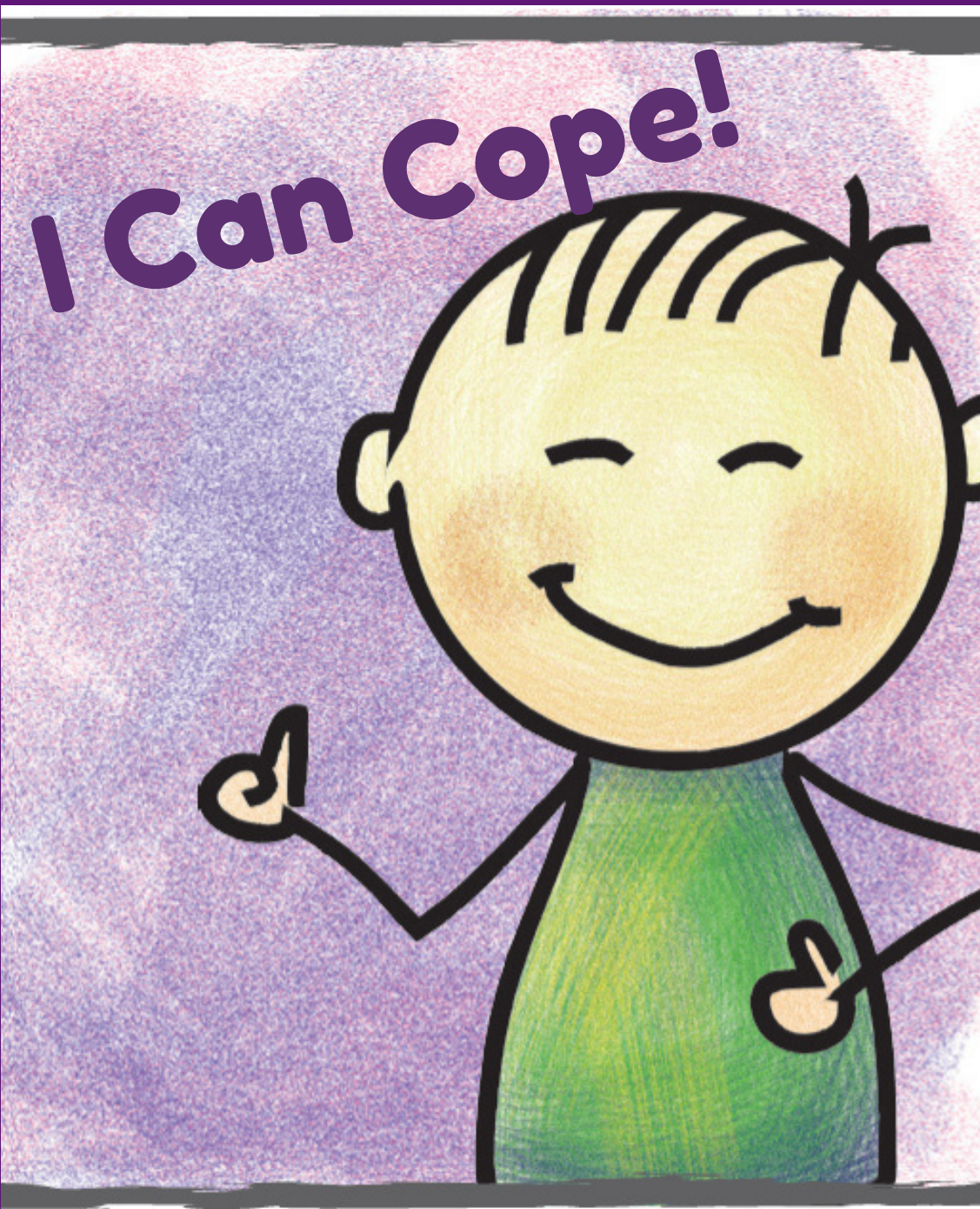


In this skillshop, children will embark on a journey of understanding and managing anger with content from the workbook, "I Feel Mad!" co-authored by Nadine Briggs. The group will teach kids to handle their anger in a constructive manner. Through engaging activities and strategies, children will learn to identify triggers, implement preventative measures, and become expert problem-solvers in emotionally charged situations.

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Skillshop: I Can Cope! Ages 8–11



In this skillshop, children will explore the empowering world of optimism and well-being. With a focus on building resilience in children, this skillshop guides kids through practical strategies to enhance their emotional strength and overall well-being. Kids will participate in engaging activities and insightful content that will cover essential topics such as positive emotions, engagement, relationships, meaning, accomplishment, and developing a growth mindset.



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Weekly Social Skills Groups



Simply Social Kids is a social skills coaching program for ages 8–young adult. We specialize in coaching children/teens/young adults with mild to moderate social challenges.

Social lessons are customized weekly for group participants and include these topic areas:
Friendship and social skills – Resiliency – Empathy/Respect – Impulse control – Flexible thinking
– Body language – Personal space – Learned optimism – Transitioning –
Communication/conversation – Emotion/anxiety management – Problem solving – Conflict
resolution – Sportsmanship – Perspective Taking – Mindfulness, and more.



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In Person Skillshop Schedule August 2024

Wednesday

Bully Busting
3:30 - 5:00

August 7
August 14
August 21

Wednesday

I Feel Worried
5:15 - 6:45

August 7
August 14
August 21

Thursday

I Can Cope
3:30 - 5:00

August 8
August 15
August 22

Thursday

I Feel Mad
5:15 - 6:45

August 8
August 15
August 22

Weekly Social Group Summer Schedule 2024

Monday

In Person
4:15: Age 8-11
5:30: Teen
6:45: Age 18 +

July 8
July 15
July 22
July 29
August 5
August 12
August 19
August 26

Tuesday

In Person
4:15: Age 8-11
5:30: Age 8-11
6:45: Teens

July 9
July 16
July 23
July 30
August 6
August 13
August 20
August 27

Tuesday

On Line
5:30: Age 8-11
6:45: Teens

July 9
July 16
July 23
July 30
August 6
August 13
August 20
August 27

Wednesday

On Line
5:30: Teens

July 10
July 17
July 24
July 31
August 7
August 14
August 21
August 28

Simply Social Summer!

Boring Details...

Join Our Weekly Social Skills Groups Tailored for Ages 8 to Young Adults

Enrollment: Our summer program operates throughout July and August. The individual monthly fee is \$310. Families enrolling for both July and August enjoy a discounted rate of \$550 (previously \$620).

Skillshops for Ages 8 to 11: Each Skillshop is priced at \$345.

Sibling Discounts Offered.

Participants have the option to attend makeup sessions for any missed weekly social skills groups.

Please note that makeup sessions are not available for Skillshops.



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