

# TEEN GROUPS



## SOCIAL SKILLS AND LEADERSHIP

[www.GroupConnections.com](http://www.GroupConnections.com)

Does your teen have trouble making and keeping friends, report feeling bullied, or need help reading social cues?

Or does your teenager shy away from social interactions?

Our goal-oriented groups are geared toward helping motivated teens develop the skills needed to successfully navigate their social world through fun activities and drama, as well as direct instruction and coaching.

### Helping Teens Develop...

- ▶ Effective conversational skills
- ▶ Strategies to handle bullying, rumors and gossip
- ▶ Social confidence and assertiveness
- ▶ Active and silent leadership skills
- ▶ New friendships
- ▶ Social problem-solving skills
- ▶ Cooperation and teamwork skills
- ▶ Coping strategies for anxiety and stress
- ▶ Stronger nonverbal communication skills
- ▶ Skills for handling arguments and disagreements
- ▶ Smooth school transitions and skills for “fitting in”

### Enrollment and Group Information

Group sessions run weekly through the end of June in our Waltham location. Participation is helpful for high functioning teens who struggle socially due to Social Anxiety, ADHD, Asperger's Disorder, NLD, and Shyness. Our groups also serve Gifted Teens who have difficulty connecting with their mainstream peers. Please visit our website or contact our offices for enrollment information. **Enrollment is limited.**



**The Morgens Group**

781.899.1160 ♦

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Wellesley Hills ♦ Sherborn