



TEEN GROUP

FOR AGES 15-18

Purpose:

A teen social skills group is designed to help adolescents build interpersonal skills. Teenagers experience a unique set of social challenges and it is our goal for participants to gain a better understanding of their role in building and maintaining relationships. Our program includes 10 sessions, each of which will focus on a specific social situation or skill. Participants will complete the group with a stronger sense of self and an improved ability to navigate their social world.

This group will be held on Tuesday afternoon at 4:00 p.m. First session will be June 7th. We will focus on preparation for the beginning of the 2016-2017 school year in early August. If you have any questions contact Dian or Rebecca at 863-644-8470.



PACFLORIDA

Dr. Wilkinson Dr. Marshall Dr. Suarez-Pinzas Ms. Cassie



Boost self-image and confidence.

Learn ways to deal with anger and anxiety.

Learn to become your best self.

Learn how to communicate better.

PSYCHOLOGICAL ASSOCIATES OF CENTRAL FLORIDA

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