



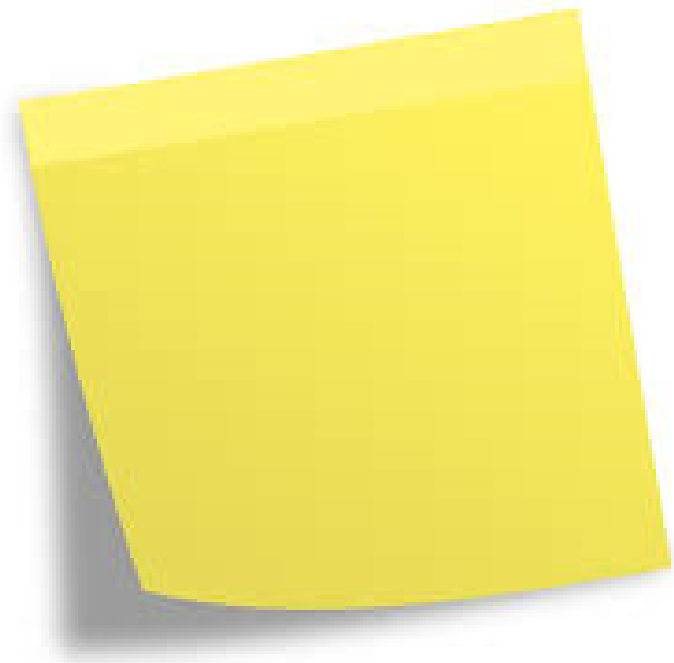
SUPPORTING YOUR ADOLESCENT IN BUILDING RELATIONSHIPS



Philinda Mindler, LCSW
Adolescent Resource Center
(ARC)
at Children & Families First

SPENDING TIME WITH OTHERS

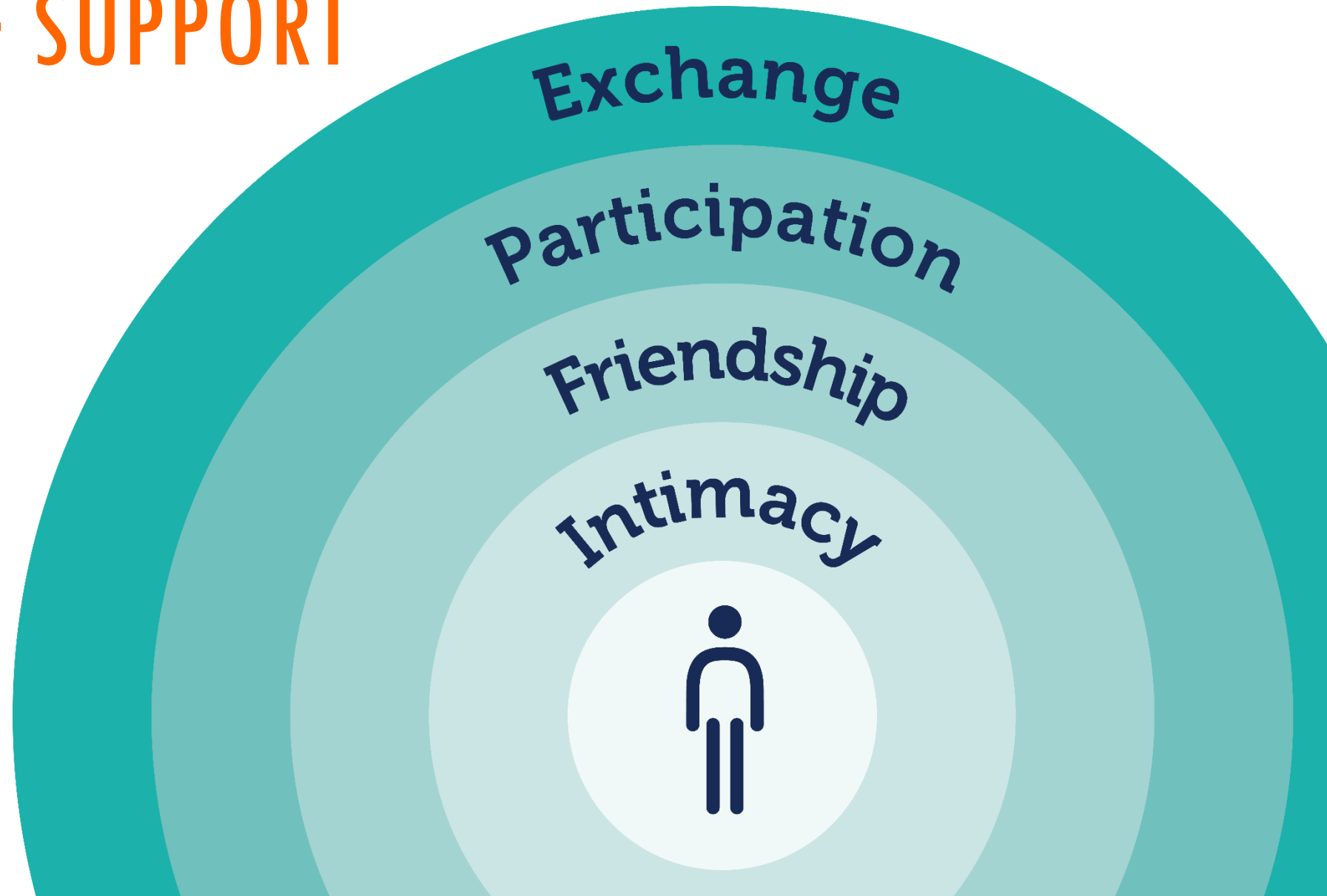
What do you get out of
spending time with people?



RELATIONSHIPS ARE IMPORTANT



CIRCLES OF SUPPORT



CHRIS LIKES MUSIC

Where could Chris meet potential friends who also like music?



WHERE WILL THEY...

- See the same people in the same places over time.

That increases the chances for meaningful connections!

THE SKILL OF **ASKING** SOMEONE TO DO SOMETHING



WHAT ARE YOUR CHILD'S INTERESTS & GIFTS?

- Outdoors & Nature
- Animals
- Art
- Talking
- Writing
- Acting
- Music
- Singing
- Video Game
- Helping people
- Dance
- History
- Science
- Math
- Puzzles
- Journaling
- Comic Books
- Government
- Social Issues
- Environment
- Cooking
- Crafts
- Listening
- Sports

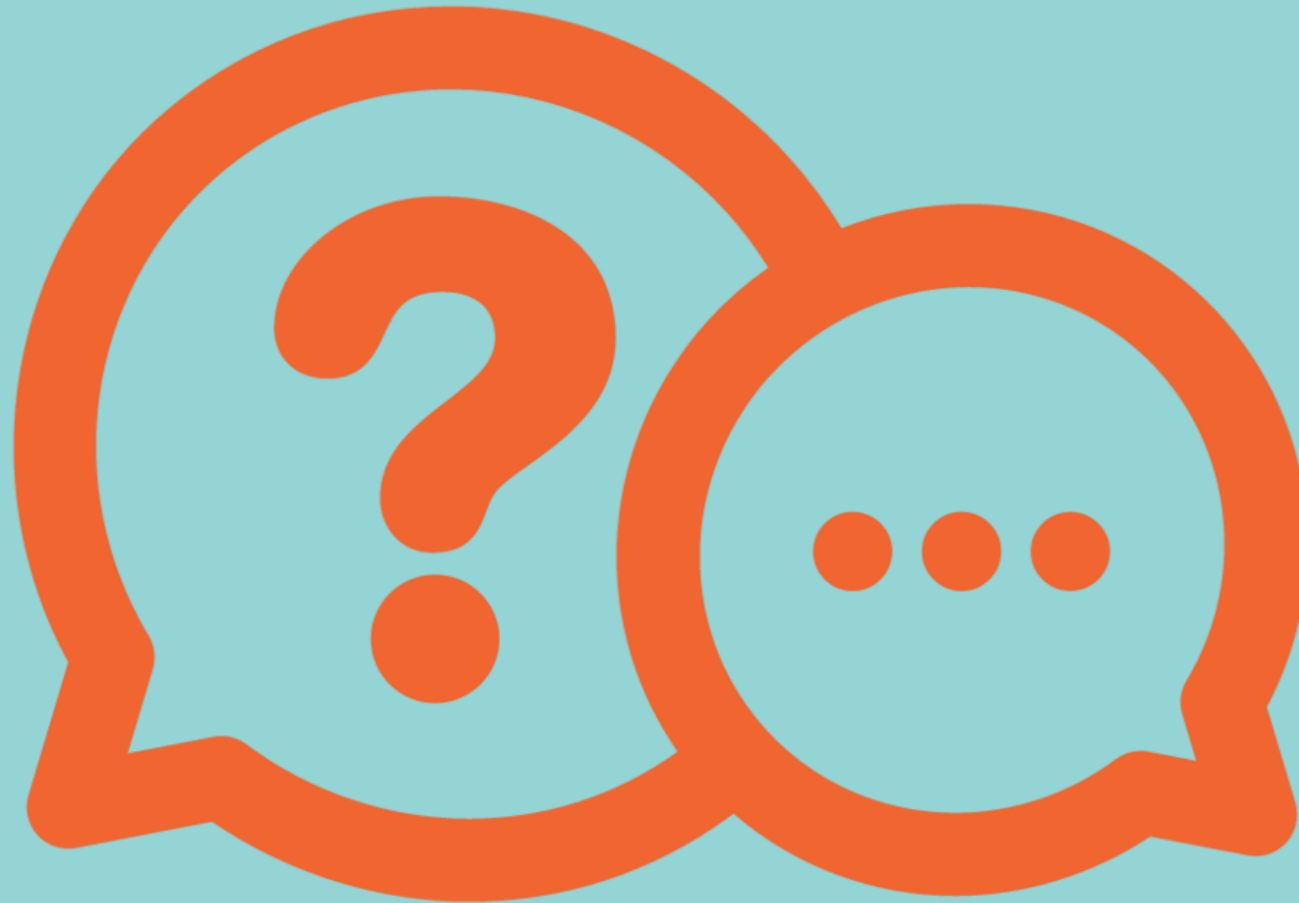


WAYS TO BUILD SOCIAL SKILLS

- Modeling and explaining social interactions
- Talking through social situations
- Role playing
- Enroll in a social skills group
- Find a parental support system



QUESTIONS?



PLEASE SEE THE LIFE CONFERENCE
WEBSITE FOR RESOURCES DISCUSSED IN
THIS SESSION



THANK YOU!

PHILINDA.MINDLER@CFFDE.ORG

CFFDE.ORG/ARC

PRESENTATION RESOURCES

Angela Novak Amado, Ph.D.

Friends. Connecting People with Disabilities and Community Members

Judith Snow, Circles of Support

Teaching Sexual Health, Teachingsexualhealth.ca