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## ***ACTS for Adolescents and Young Adults presents: Social Skills Group***



### **What is Social Skills Group?**

Led by a seasoned clinician, participants will enroll in a cognitive behavioral therapy based program and will practice social skills in a variety of therapeutic activities including: social skill instruction, role play, discussion, positive feedback, and other social skills based activities. Skill areas to be targeted include making requests, listening to others, beginning/continuing conversation, ending conversation, turning down requests and more!

### **Is my child or am I appropriate for this group?**

Social Skills Group is appropriate for any adolescent/young adult who has difficulties with social skills, or anxiety related to social settings. This group will be co-ed and the age range is about 11-17 years old. Groups will be formed based on age and demand for additional groups.

For more information regarding dates and times, please contact  
**Advanced Testing and Counseling Solutions at (717) 208-6599 or (484) 987-7116.**

*Helping clients is our mission not only our profession!*