

Social Skills Development Program

Middle School Children

Clinical Psychotherapy & Consultation, LLC
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<https://www.cptherapy.net/index.html>

Middle school can present many challenges for children. As they transition into adolescence children are faced with increased responsibilities, new pressures, sudden changes in appearance, and social expectations. This class is designed to help middle school children:

- Manage Anger / Impulsiveness
- Make Friends
- Develop Time Management Skills
- Decrease Shyness / Social Anxiety
- Use Appropriate Language
- Develop Coping Skills
- Apply Stress Management Techniques
- Identify Healthy vs. Unhealthy Choices

Classes will be held every Tuesday from 6pm - 7pm from February 27th to March 17th 2018. The cost per session is \$25 and may be covered by insurance. Class size is limited to 6 individuals and will run through structured discussions for 8 weeks.

If you are interested in attending or if you have any questions, please call 908-454-4070.

Please visit our website for additional information, support groups, and services we offer.

