



American Foundation of  
Counseling Services, Inc.

## SELF ESTEEM AND SOCIAL SKILLS GROUP FOR 6-8 YEAR OLDS

Offered by Marilyn Brennan, LCSW, and Dawn Vardis, LPC

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Children will interact with peers in a therapeutic environment. Issues addressed will be:

- Giving & receiving positive feedback
  - Communicating with others more effectively (introducing self, joining a conversation, keeping conversation going, etc.)
  - Being a good friend
  - Giving out invitations to increase self esteem
  - Respecting other people's boundaries
  - Identifying and expressing feelings
  - Using a "stop and think" technique for problem solving
  - Dealing with teasing and anger
  - Accepting responsibility for wrong-doing
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This group will meet for 6 sessions on Tuesdays from 4:00-5:30 PM. The dates of this group are as follows: 2012

4/17	5/8 – Parents' Group/NO children
4/24	5/15
5/1	5/22

There will be an initial evaluation session with the parent(s) and the child prior to the beginning of this group, a session for all parents (meeting #3, see above schedule), and a follow-up session at the end of the group for parent(s) and child.

Health insurance or sliding fee accepted.

Please call (920) 437-8256 for initial evaluation or for more information.