



American Foundation of
Counseling Services, Inc.

SELF ESTEEM AND SOCIAL SKILLS GROUP FOR 9-12 YEAR OLDS

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

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

This group will meet for 6 sessions on Tuesdays from 4:00-5:30 PM. The dates of this group are as follows: 2012

2/21	3/13 – Parents' Group/NO children
2/28	3/20
3/6	3/27

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.