



## SOCIAL SKILLS

### Goals/Purpose:

- To help children improve their social interactions at home, with friends and family, and at school/ in the community.

### Program Outline:

- The 8-week program will focus on improving the child's social skills and teaching them new skills and ways of interacting with others.
- Topics covered include:  
Emotional Regulation, Mixed Emotion, Distress Tolerance, Problem Solving, Peer Interactions, Actions and Reactions in Different Social Situation, Friendship Skills, Bullying, and Feeling Part of a Group.

### Program Features:

- Small Group Sizes (Maximum of 8)
- Individualized goals for each child
- Written Evaluation of Progress at the end of the Program
- Parent Time—Opportunity for Parents to mingle over tea/coffee while their child is in group.

### WHAT:

An 8-week group-based program for children who struggle with meaningful social interactions.

### WHY:

To help children improve social interactions with others.

### WHEN:

Saturdays from September 28<sup>th</sup> to November 23<sup>rd</sup>  
Excluding October 12<sup>th</sup>)

### COST:

\$720 (including a deposit of \$150).

\* Cost may be covered by extended health benefits plans – check with your health care provider.

### CONTACT :

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### WHERE:

Rocky Mountain  
Psychological Services



Rocky Mountain  
Psychological  
Services