

Social Skills

A systemic program for children and adolescents aged 7 to 17 that develops the skills needed to strengthen relationships and improve communication with others. A bi-weekly Parent Support Group runs simultaneously with the children's program.

Program Goals: Throughout the 8 week program, we will enhance your child's social and emotional functioning by developing and practicing social skills, communication skills, problem-solving skills, and anger management as well as build and strengthen self-esteem.

Specialized Services: Develop and practice social skills through role playing, group activities, worksheets, and weekly sessions.

Participants will learn to:

- Use self control
- Cope with anger
- Express feelings
- Communicate effectively
- Problem solve

For more information or to register...

**Call Gabriella Urato, LSW at 201-797-2660 x5210
or email GabriellaU@CarePlusNJ.org**

Our Philosophy:

Coping skills and strengths developed in childhood carry into adult life, helping individuals reach their full potential. With this in mind, we strive to deliver programming and resources that assist individuals in navigating our complicated world.



healing one another...together