

# Social Skills II: Beyond the Basics

A program for children ages 10 to 13 who have successfully completed Social Skills I and could benefit from a more advanced group to enhance social and emotional learning.

## Program Goals:

- Improve peer communication skills including compromising, negotiating with others and accepting rejected ideas
- Improve problem-solving and responsible decision-making skills
- Manage frustrations and anger appropriately and gain self-awareness
- Build and strengthen self-confidence and emotional reciprocity in peer relationships
- Gain cooperation and increase engagement
- Cope with rejection and pressure of social relationships

**Specialized Services:** During this 8-week group, members will develop and practice social skills through role playing, group activities, worksheets, and discussions. A progress report will be provided to all parents to assist with providing feedback on their child's performance during the 8-week session.

Participants will learn to:

- Use self-control strategies
- Cope with anger more effectively
- Express feelings positively
- Communicate effectively with improved conversational skills
- Problem solve to make good decisions

**For more information or to register...**

**Call Gabriella Urato, LSW at 201-797-2660 x5210  
or email [GabriellaU@CarePlusNJ.org](mailto: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