

# MIDDLE SCHOOL SOCIAL SKILLS GROUP

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ALTERNATIVE  
PATHS

## OBJECTIVES

For youth diagnosed with Asperger's Disorder or High Functioning Autism or for those who are simply struggling with social skills. This program encourages social skills development, friendship skills and self-esteem as well as addressing current issues and problem solving skills in a group format.

## DISCUSSION TOPICS:

- MAKING AND KEEPING FRIENDS
- RESILIENCE FROM DEPRESSION
- TWO-WAY CONVERSATION
- BUILDING SELF-ESTEEM
- CONVERSATIONAL MANNERS
- NON-VERBAL COMMUNICATION
- NAVIGATING LIFE'S CHALLENGES
- UNDERSTANDING SOCIAL CUES
- REDUCING SOCIAL ANXIETY
- RESPONDING TO TEASING
- STAYING ON TOPIC
- PROBLEM SOLVING

## GOALS:

- To improve friendship behaviors and social skills
- To provide support for young people who may be isolated from peers
- To promote self-esteem through successful interactions
- To help improve the ability to act positively and effectively with others

## AT A GLANCE

### SCHEDULE

- Thursdays for 12 weeks
- 3:30pm - 5:00pm
- Ages: 11-13
- 12 youth per group
- Must be enrolled in Middle School

Contact Intake

330-725-9195

