



Social Skills Group

A small, specialized multi-family group designed to help your child grow in a number of key areas:

- Breaking down barriers in making friends and socializing
- Conflict resolution strategies
- Anxiety and stress-reduction techniques
- Engaged listening and problem-solving skills
- Recognizing and managing emotions
- Enhancing self-esteem, assertiveness and confidence
- Self-care and coping

In addition to these important skills, the group provides parents with a unique opportunity to connect with their children, learn about their thoughts and feelings and support their growth and development.

The group begins April 29, 2020 and runs on Wednesday nights from 6:00 – 7:30pm for 6 weeks plus an initial individual consultation with the facilitator. It is designed for children ages 8-10 and their parents. It is based on the principles of Play Therapy, Cognitive Behavioural Therapy (CBT) and Mindfulness. The group is facilitated by a child and family counsellor with expertise in social-emotional development.



a program of
Jewish Family Services
of Ottawa

The cost is \$300 – It is covered under many extended health plans.

For more information about this program, contact:
Gabrielle Wilson at gwilson@jfsottawa.com or 613-722-2225 (ext. 395).