

Interactive Social Skills Training

TEEN TALK (ages 13-17)

This social skills group is designed to help teenagers who may need to gain confidence and appropriateness in social situations. In this fun, interactive group, your teen will learn while doing hands-on activities with peers. Your adolescent will leave this workshop with the skills needed to be a confident communicator.

Topics your child will practice include:

- Reading social cues accurately
- Learning other's body language
- Communication skills
- Awareness of personal space
- Strengthening social etiquette (Introductions, handshakes, talking on the phone, and more!)
- How to handle conflict with peers
- How to use humor appropriately
- Self regulation skills

SOCIAL BUTTERFLIES (ages 8-12)

This fun and interactive group is designed for younger children who need extra support in social skills and peer interaction. The group will use hands-on activities and interactive games to help them learn valuable skills. This group will help children practice:

- Reading social cues
- Understanding body language
- Appropriate boundaries and personal space
- Communicating effectively with peers
- Cooperating with others
- Managing voice volume and tone
- How to use humor appropriately
- Self regulation skills

Building Positive Self-Esteem

BUILDING A MORE POSITIVE ME (ages 13-17)

This group is designed to help boost the self esteem of teenagers and give them a healthy view of themselves and their bodies. Adolescence can be a difficult time and having a positive image of body and self can be challenging. This group educates teens about healthy self-image and gives them skills to be confident and proud of who they are. Your adolescent will practice:

- Positive self talk
- Relaxation strategies to reduce stress
- Accepting themselves for who they are
- Finding unique qualities to be proud of
- Appreciating differences
- Living healthy

UNIQUELY ME (ages 8-12)

Being a confident kid can be hard. This group is designed to help children learn about the unique qualities that make them special. They will build esteem in who they are through fun and interactive hands-on activities that allow them to express themselves. They will learn strategies to build themselves up when they are feeling down. In this program, your child will practice:

- Learning how everyone is unique
- Coping skills
- Confidence building
- Communicating feelings
- Positive self talk
- Living healthy

Enroll Your Teen Today

By completing this enrollment form you will make the first step in providing your teen with the tools necessary for social success in today's society.

Student's Name: _____

Parent's Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____

Cell Phone: _____

Email Address: _____

Please check all programs interested in.

Interactive Social Skills Training

- Teen Talk (ages 13-17)
- Social Butterflies (ages 8-12)

Building Positive Self-Esteem

- Building a More Positive Me (ages 13-17)
- Uniquely Me (ages 8-12)

Please mail Teen Social Skills application to:
New Way Learning Academy
Attn: Cindy Spencer
1300 N. 77th Street
Scottsdale, AZ 85257

Visit us online: www.newwayacademy.org

New Way Learning Academy is proud to offer a variety of social skill programs in addition to the current multi-sensory daily curriculum. Two different programs designed for older and younger teens focus on social communication and positive self-image. Through engaging group activities, students will grow in maturity and self-esteem.



Give Your
Child The
Skills They
Need For
Success



Cindy Spencer, MC LPC, has worked with children and families for the past 15 years. She began her work with Early Head Start as an interventionist and teacher prior to getting her Master's degree in counseling. Since becoming a counselor, Mrs. Spencer has focused her work exclusively with children and families working in clinics, schools, and private practice. Her joy of working with children of all ages has brought her thorough yet personal approach to New Way Learning Academy.



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