

Time and
Location
Change
Starting
Sept. 5th

Adolescent Social Skills Group



The goal of this group:

Our goal for this group is to assist youth in learning the skills to successfully navigate their social environment; as well as strengthening their executive functioning processes. Participants will learn executive functioning and/or social skills and have a chance to practice each skill while interacting in a comfortable environment with peers and therapists. This is an open group.

Some skills we will be working on:

-Self-esteem/confidence, Making and maintaining friendships, Communication, Emotional regulation, Planning, Organization, Importance of time and space & Management of time

MOST INSURANCE ACCEPTED AND SELF-PAY RATES AVAILABLE

Thursdays 4:30-6:00 PM in Oak Park

715 Lake St. #273, Oak Park, IL 60301

To schedule please call 773-312-3612 , or reach out to:

jpolk@innovativecounselingpartners.com or jwindley@innovativecounselingpartners.com