



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 is designed for children ages 9-11 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

Our next group begins October 9, 2018 and runs on Tuesday nights for 8 weeks from 6:00 pm – 7:30 pm, concluding November 27, 2018.

The cost is \$290 – 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).