



a program of  
Jewish Family Services  
of Ottawa

# Social Skills Group for Kids

(Ages 9 to 11)

An 8-week (1.5 hours each session) social skills group for kids (aged 9 to 11) and their parents/guardians focused on helping young people to break down barriers in making friends and socializing.

**WHEN:** April 4, 2023 – May 23, 2023 (Tuesdays from 5:45 to 7:15 pm)

**WHERE:** In-Person at Jewish Family Services of Ottawa  
(2255 Carling Ave, 3<sup>rd</sup> Floor)

## Key areas that will be covered include:

- **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/guardians with a unique opportunity to connect with their children, learn about their thoughts and feelings, and support their growth and development.

Sessions are facilitated by experienced staff.

## To participate we request that parents/guardians:

- Complete a 30-minute screening interview to determine if this group is a good fit for their child.
- Commit to attend all 8 sessions.

### To register: Please [click here](#)

For general inquiries, please contact the program coordinators:

**Quinn Rivier Gatt** (ext 403)

[qriviergatt@jfsottawa.com](mailto:qriviergatt@jfsottawa.com)

**Amira Nazarali** (ext 489)

### Total cost for the program

\$500 per child (for the 8 sessions).

Valid receipt for insurance coverage is available.