

# High School Social Skills

This summer group helps young teens strengthen the social and emotional skills needed to feel more confident, connected, and successful with peers.



**STARTING**  
**Thursday July 9<sup>th</sup>**  
**4:30-5:30 PM**

**Our supportive, therapist-led group creates a safe space for teens to practice skills, connect with peers, and grow socially in a fun and encouraging environment.**

 **In-person in Riverdale, NJ**  
**973-588-4486**



**Summer enrollment now open – limited spots available**



**HIGH SCHOOL (AGES 14-17)**

## **SOCIAL SKILLS SUCCESS GROUP**

**REAL TALK. REAL SKILLS.  
REAL CONFIDENCE.**







Groups for teens who want to build confidence, navigate social challenges, and strengthen relationships—on their terms.

### **TEENS WILL GAIN SKILLS TO:**


-  Have better conversations
-  Manage anxiety & big feelings
-  Resolve conflict & set boundaries
-  Build healthy relationships
-  Develop confidence & self-advocacy

### **6-WEEK SUMMER 2026 PROGRAM**

-  Small groups (4-6 participants)
-  Weekly 90-minute sessions
-  Discussions, role-plays & real-life tools
-  Supportive, therapist-led environment



**LIMITED SPACES!**  
*Reserve Your Spot Today!*

 973-588-4486  
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