

# 8 Week Social Skills Group

Led by Licensed Therapist & Certified Teacher  
Vanessa De Jesus Guzman, LPC, NCC



## WHO IT'S FOR

- Kids grades K–8
- Groups formed by age & need
- Max 6 kids per group
- In-person for NJ residents

## SCHEDULE & DATES

- Tuesdays, April 21<sup>st</sup> – June 9<sup>th</sup>
- Littles: 4:00 – 5:00PM
- Bigs: 5:30 – 6:30PM
- Enrollment deadline: April 14th

## COST & COMMITMENT

- 30-min virtual intake: \$120
- \$520 for 8 weeks / \$65 a session
- Superbill submitted to insurance on your behalf for potential reimbursement
- 8-week commitment required

## GROUP DETAILS

- Hands-on, interactive activities
- No worksheets, no lectures
- Customized to each group's needs
- Parent support materials included

**1** Visit website and complete the interest form

**2** Once groups are formed, book your intake call

**3** Groups start 4/21. Watch your child begin to thrive!



[FREETOBEMINDFUL.COM/GROUPS](https://freetobemindful.com/groups)

## SKILLS COVERED

- Effective Communication
- Perspective Taking
- Working as a Team
- Friendship Building
- Decoding Social Cues
- Managing Frustrations
- Self-Esteem