



# Young Adults Social Skills Group

## **This group will focus on:**

- ◆ Improving speech organization and verbal tone
- ◆ Developing socially appropriate responses
- ◆ Picking up on nonverbal communications
- ◆ Building strong social relationships
- ◆ Developing and showing empathy
- ◆ Dealing with social anxiety
- ◆ Overcoming shyness
- ◆ Managing impulses
- ◆ Making friends



**Facilitated by Peggy Maslanka**  
MA Counseling and ADHD Coach

**For Young Adults**  
18-25 years

**Dates and Time TBD**  
Beginning the second week in January

**\$55 per session / \$660 total**

\*Pay before group begins to receive  
a 10% discount

