

# Social Skills Leadership Skills

## *Training Groups for Children and Teens*

In a safe, supportive group environment children can develop positive social connections & increase their repertoire of interpersonal responses

Children can learn & practice the necessary social skills for building, sustaining and repairing friendships

Children can use their new skills to replace disruptive patterns of withdrawal, aggression & inappropriateness

### ***Goals are Developed to Help Cultivate the Qualities of***

- Respect
- Fairness
- Social Competence
- Honesty
- Self-discipline
- Kindness
- Adaptability
- Courage
- Flexibility

### ***Learning & Applying New Cognitive-Behavioral Social Skills Can Help Children Improve Their Ability To***

Listen & Identify Social Cues

Follow Rules & Cooperate

Handle Disappointments & Resolve Conflicts

Deal with Teasing & Bullying

Use Self-control & Increase Self-esteem

Take Responsibility & Make Good Choices

Use Reasoning & Logic

Communicate Effectively & Compromise

Increase Social Cognition & Empathy

Manage Feelings & Resist Peer Pressure

- Group placement is determined by chronological age & maturity
- Ages range from 4 yrs. to 18 yrs.
- Groups are ongoing with an initial three month commitment

For Group schedules please contact:

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### **Group Facilitator**

**Donna Peddy, MEd, LPC, LMFT**  
***Specialist for 31 years***  
***in***

Marriage & Family Therapy  
Child Development  
Social Skills Training  
Leadership Training