

Social Strides Groups



A group for people experiencing social deficits like **anxiety, impulsivity, & emotion regulation** and/or **inappropriate social behavior** such as **anger outbursts**.

In weekly 45- 50 minute sessions, group members learn the five core social skills-- **CARES--Cooperation, Assertion, Responsibility, Empathy, & Self-Control**. We build socialization and self-confidence through group activities, modeling behavior, problem-solving and peer feedback. Groups are scheduled after school hours to meet each student's academic needs. Some of topics that will be discussed in group will be: self-esteem, impulse control, social skills, team work and emotional regulation.

Mondays

4:15pm-5:00pm Boys 6-7

5:00pm-5:50pm Boys 8-9

6:00pm-6:50pm Boys 10-13

7:00pm-7:50pm Girls 10-13

7:00pm-7:50pm Co-ed 19-26

Thursdays

4:15pm-5:00pm Co-ed 4-5

5:00pm-5:50pm Girls 6-9

6:00pm-6:50pm Boys 14-18

7:00pm-7:50pm Girls 14-18



For more information call (703) 656-2116 or email
social.strides@pwfc.com
To make an appointment call (703) 330-9933