

Social & Emotional Skills Group for Adolescents aged 10-16

by Thomson Paediatric Centre – The Child Development Centre

Target group: Adolescents aged 10-16 with high-functioning Autism or Social Communication Disorder, or children who struggle to express their feelings and interact effectively with their peers in social situations.

Topics: Topics are aimed to help children better interact with peers and manage conflict, as well as develop a repertoire of skills to better manage and express their feelings appropriately. Exact topics will be determined based on specific needs of children. Sample topics include:

- conversational skills
- assertiveness
- initiating and maintaining friendship
- conflict resolution
- managing bullying
- emotion awareness and management



Programme overview:

- 10 sessions by a psychologist and a speech and language therapist
- 1.5 hour session
- Skills teaching, discussions, role-play activities, games, feedback to parents and homework
- Maximum of 5 children per group
- Every Friday, 4pm-5:30pm, starting in June 2017



THOMSON PAEDIATRIC CENTRE
The Child Development Centre

For more information, please contact us at 6397 6627 or email info@thomsonpaeds.com