



Head In The Right Direction

Counseling Services

6-WEEK IN-PERSON GROUP

CONNECT & GROW

SOCIAL SKILLS, CONFIDENCE
& EXECUTIVE FUNCTIONING



AGES 12-16
SMALL GROUP

CHRISTINE FERREIRA

Christine Ferreira, 2nd Year MHC Intern

Co-facilitated with an approved intern or supervisor
and supported through clinical supervision.

A structured, supportive group for boys who would benefit from practicing social communication, planning, flexibility, and confidence with peers.

WHAT WE'LL WORK ON

- 
Start and maintain conversations
- 
Read social cues & perspectives
- 
Strengthen planning & organization
- 
Manage frustration & transitions
- 
Build confidence & friendships

WHAT TO EXPECT

- ✓ Predictable routines and clear group expectations
- ✓ Skills practice, role-plays, and cooperative activities
- ✓ Support for executive functioning and flexibility
- ✓ Take-home strategies for continued practice
- ✓ Weekly parent handouts focused on reinforcement at home

GROUP DETAILS

-  **6** weekly sessions
-  **\$45** per session
-  **60** minutes per session
-  **3-6** participants

 **IN PERSON**
Final site selected after interest review

FINAL SCHEDULE BASED ON FAMILY AVAILABILITY



INTERESTED?

Request a consultation through
Christine's provider profile to
see whether the group is a good fit.



**SCAN TO
LEARN MORE**

(845) 335-5615

