



Head In The Right Direction

Counseling Services

6-WEEK IN-PERSON GROUP

CONNECT & GROW

SOCIAL SKILLS, CONFIDENCE & EXECUTIVE FUNCTIONING

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



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.



ELISE MELITO

Elise Melito, 2nd Year MHC Intern

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

WHAT WE'LL WORK ON

1



Start and maintain conversations

2



Read social cues & perspectives

3



Strengthen planning & organization

4



Manage frustration & transitions

5



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 at your local practice



INTERESTED?

Request a consultation through our website or scan the QR code to learn more and submit an inquiry.

SCAN FOR
CHRISTINE



SCAN FOR
ELISE

