

# SOCIAL SKILLS SERVICES

TOTAL LIFE COUNSELING CENTER



## Leadership Social Skills Classes for Lower, Middle, High School, and Young Adults

- Focus and Listening Skills
- Communication Skills
- Anger Management
- Decision Making Skills and Self-Esteem
- Stress Management and Relaxation Training

*\$48 individual class; \$120 prepaid package for 4 classes (1 hour class)*

## Leadership Social Skills Day & Summer Camps

- Positive Socialization Skills Training
- Team Building Skills and Communication Skills
- Determination Skills
- Character Building
- Responding to/ Provoking Bullying

**Day Camp:** *\$150- Screening + price of screening for non-TLC Clients (Lunch Included)*

*Ages 6-17, Saturdays 8:30-3:00 PM*

## Leadership and Social Skills Horse Camps

- Reading Non-Verbal Cues
- Coping Skills and Support
- Overcoming Fears
- Empathy Skills
- Teamwork Skills

*\$150- Screening not required for TLC Clients (Lunch Included)*

*Ages 6-17, Saturdays*



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# 15 SYMPTOMS OR TIPS TO IDENTIFY SOCIAL CONCERNS:



If you can answer two or more of these symptoms about yourself or your student, this may indicate a need for help to connect socially with your peers and to prepare for the real world.

## Here are a few symptoms to look for:

- 🕒 Unable to recognize non-verbal cues
- 🕒 Tendency to get in peers' personal space
- 🕒 Annoy others to get attention
- 🕒 Low self confidence
- 🕒 Poor eye contact
- 🕒 Only interested in myself/or them-self rather than taking an interest in peers
- 🕒 Talk too much
- 🕒 Lack assertion
- 🕒 Impulsive or blurt out responses
- 🕒 Try too hard to make friends laugh
- 🕒 Inability to roll with conflict
- 🕒 Have a need for justice and fairness, and judges peers
- 🕒 Isolate or withdraw from peers
- 🕒 Always want to be first or want things my/or their way
- 🕒 Friends do not call to hang out!



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