



BOARD GAME SOCIAL GROUP

SKILLS

For Neurodivergent Teens (Ages 13-18)

FUN. CONNECTION. CONFIDENCE. SKILLS.

A supportive, neurodiversity- and queer-affirming group where teens build social skills through play and teamwork!

GROUP RUNS FOR 10 WEEKLY SESSIONS

Each session includes:

- Guided social skill practice
- Cooperative & competitive board games
- Emotional regulation strategies
- Positive peer interaction
- Reflection & self-advocacy building

SKILLS WE'LL PRACTICE:

- Turn-taking & flexibility
- Teamwork & problem-solving
- Emotional regulation
- Communication & perspective-taking
- Self-advocacy & social confidence

TIME: Wednesdays 5:30pm-7pm

(subject to change)

LOCATION: 5716 Fayetteville Rd #202

Durham, NC 27713

LED BY: Kayla Cornew, LCMHCA & Lex
Chapman, BA

CONTACT: kayla@essentialcts.com

WEBSITE: therapyessential.com

COST: \$60 per session

SPACE IS LIMITED!