

## **Social Confidence Group for Adolescents:**

In this neurodivergent-affirming group, participants will learn strategies for social success, build confidence, and practice communication skills. The group is built on a curriculum that is strengths-based and centers on authenticity. It strives to empower participants to use their own socialization and communication styles to develop authentic connections and navigate fulfilling interpersonal relationships.

During this group, the goal is for participants to gain:

- Skills that contribute to social confidence and friendship success
- A safe space to practice effective communication
- A safe space to unmask and honor their authentic selves
- Multiple perspectives, feedback, and support from peers who understand their struggles
- A better understanding of themselves and their strengths
- Awareness of their communication and socialization style and its impact on interpersonal relationships (social awareness)
- Self-acceptance and self-advocacy skills

**Please feel free to reach out to us for additional information and/or to sign up.**

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