

Holland Professional Associates

99 Holland Avenue, Suite 103
Ottawa, Ontario K1Y 0Y1
Phone/fax: 613-725-0302

SOCIAL SKILLS GROUPS:

Gaining acceptance amongst peers, dealing with conflict, and reacting to perceived failure represent some of the social skills areas which timid and/or aggressive children have difficulty mastering. For many of these children, their limited awareness of pro-social alternatives can create unhappiness at school, home or in the community. The child's sense of helplessness may result in further rejection by peers as well as decreased levels of self-esteem. In response to this need, we are offering group programs designed to increase your child's ability to deal with these issues in acceptable ways. The Workshops will allow for problem solving and exploration of practical ways to deal with such situations.

Through the use of role playing and group discussions in a supportive environment, the groups will address a wide range of topics including problem solving/decision making; classroom survival skills; self acceptance and assertive skills; friendship making skills; and skills for dealing with feelings.

DATES: TIMES WILL BE ARRANGED AS MINIMUM ENROLMENT IS REACHED

GROUPS: Each group of ten 1-hour sessions will be limited to eight participants in order to ensure individual benefit. The recommended age range is 7 to 15 years. Students will be grouped according to age as well as need. i.e. TIMID/WITHDRAWN; AGGRESSIVE; BRIGHT; ATTENTION DEFICIT DISORDER; DEVELOPMENTAL DELAY etc.

FEE: \$650.00

Note: Some health insurance plans may reimburse you for a portion of this program. Please discuss fees and procedures with Mr. Harman at time of intake.

Program Coordinator: Richard Harman M.S.W., R.S.W., has more than 25 years of experience in working with individuals, families, couples and children. He has lectured extensively on a variety of topics, including Attention Deficit Hyperactivity Disorder, marital communication, adolescent difficulties and childhood aggression.