



## Social Skills Program

### **PROGRAM DESCRIPTION**

Curriculum-based materials will be utilized to improve social, emotional, and self-regulatory strategies and skills. Meetings will include a short lesson and opportunities for practice (e.g., role-playing, activities and games). Acquisition of skills can lead to reduced stress and anxiety, improved school performance, healthier peer relationships, and better management of emotions and reactions. Parent handouts will be provided regularly that review content and offers suggestions for working on that week's skill at home. Focus will be on skills including conversational skills, choosing appropriate friends, appropriate use of humor, being flexible, having get-togethers, being a good sport, responding to teasing/ bullying and handling disagreements.

### **CURRENT OFFERINGS**

#### **MIDTOWN OFFICE**

Girls 10-12, Tuesdays 5:15  
4/18, 4/25, 5/2, 5/9, 5/16, 5/23, 5/30, 6/6, 6/13, 6/20

#### **PINEVILLE OFFICE**

Boys 10-12, Thursdays 4:30  
4/20, 5/4, 5/11, 5/18, 6/1, 6/8, 6/15, 6/22, 6/29, 7/13

Girls 7-9, Thursdays 5:15  
4/20, 5/4, 5/11, 5/18, 5/25, 6/8, 6/22, 6/29, 7/13, 7/20

All weekly meetings are approximately 45 minutes and meet weekly for 10 weeks per session.

Additional programs, including for other ages and other difficulties, may be offered as interest exists.

### **COST**

Programs are offered in 10 session bundles. Full payment of \$500.00 is required at the time of enrollment. These sessions are not billable to insurance and are non-refundable.

Unexpected provider-cancelled sessions will be rescheduled to a designated make-up date and offered at no additional cost.

To ensure optimal placement, a diagnostic interview is required before enrolling to review presenting concerns and medical history. This service may be billable to insurance. Most of our psychologists are in-network with Aetna and BCBS.

Weekly attendance is strongly encouraged to build continuity of skills. Attendees make more progress with consistent attendance to review and practice skills.

### **CONTACT**

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