



Rosario Counseling
&
Associates
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Let's Get Social!

Consider that social skills are typically developed from birth onwards, steadily observing and acquiring social information and learning how to respond to people. Because social thinking is an intuitive process, we usually take it for granted. However, individuals who struggle with things such as depression, social anxiety, ADD/ADHD, oppositional behaviors, and autism spectrum disorders often have great difficulty navigating social environments.

Social skills training provides an opportunity for individuals to understand how their behaviors affect the way others perceive and respond to them, and how this affects their own emotions, responses to others, and relationships across a variety of social contexts. Acquisition of social skills enables individuals to navigate their social thinking, social interaction, and social communication towards more rewarding outcomes as they learn to better adapt and respond to the people and situations around them. Specifically, social skills improve daily social functioning, teach individuals to follow rules and expectations, and increase self-confidence and self-esteem. If you or someone you know struggles with social situations, Rosario Counseling & Associates can help.

Introducing our "Teen Connection"

Middle School Social Skills Group

We are pleased to announce an upcoming 8-week Middle School Social Skills Group which will begin on March 5th. Topics covered include:

- Improving self-esteem & self-confidence
- Appropriate body language & listening skills
- Anger management & self-control
- Meeting people & joining a group
- Dealing with cliques & peer pressure
- Understanding social cues
- Respecting others & showing empathy
- Dealing with disappointments
- Mood improvement
- Problem-solving skills
- Responding safely to bullying
- Safe participating in social networking

Please call Rosario Counseling & Associates at (919) 649-5882 to schedule your individual appointment, or for more information about our Middle School Social Skills Group.



Joy Tanner, MA, LPCA



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Book of the Month!

The Search for Significance: Student Edition
Robert S. McGee