



## SKILLBUILDERS GROUP PROGRAMME

# SOCIAL TEENS

**For Ages 12 – 14- separate boys & girls groups**

At Skillbuilders Therapy our Social Teens programmes offer tailored activity-based sessions led by group members and supported by our experienced therapists. These groups provide a great opportunity for teens to make friendships outside school while developing friendship skills, self confidence, and a positive view of themselves. They can:

- Practice conversation skills
- Learn about non-verbal communication
- Develop social awareness and self awareness.

We support our teens and encourage them to support each other to enjoy being their own unique selves!

There'll be an 'outing' for the second session - last holidays we went to Lasertag and had a great time together. As the term progresses, we will invite the teens to make some suggestions.

For more information, please contact us on (08) 9332 2223

Email: [Info@skillbuilders.com.au](mailto:Info@skillbuilders.com.au)

**SKILLBUILDERS**  
Building Kids' Skills for Living and Learning

