



## SUMMER SERVICES 2023

(Initial Consultation Required for ALL New Participants)

In person-Virtual-Hybrid Live Formats

Since 2012



### College Life Skills Program

Develop the Emotional Maturity, Executive Functioning, Life Skills and Social Abilities of college bound students.

[CollegeLSP.com](http://CollegeLSP.com)

### Summer Therapeutic Social Skills Groups

Attend 1 or more groups weekly (ages 5-mid-20's in age/ability appropriate groups)

June 5<sup>th</sup> – June 29<sup>th</sup> and July 10<sup>th</sup> – July 27<sup>th</sup>

Groups meet on Monday's through Thursday's after 4PM

**Through brainstorming, modeling, role-playing, video-modeling and cooperative activities, participants will improve:**

- Making and Nurturing Friendships
- Flexibility and Frustration Tolerance
- Attention and Focus
- Self-Esteem and Confidence
- Impulse Control
- Problem-solving Skills
- Decision-making Skills
- Conflict Resolution Skills and Relaxation Skills
- Conversation and Assertiveness Skills and more...

### Executive Functioning and “soft skills” (Individualized)

June 5<sup>th</sup> – June 29<sup>th</sup> and July 10<sup>th</sup> – July 27<sup>th</sup>

Individualized sessions available on Monday's through Friday's, in our Boca Raton Center or virtually. Grades 3 into college.

<ul style="list-style-type: none"> <li>• Goal setting &amp; task completion</li> <li>• Attention Management</li> <li>• Problem solving techniques</li> <li>• Organizational skills</li> <li>• Working in groups</li> <li>• Flexibility and adaptability</li> </ul>	<ul style="list-style-type: none"> <li>• Time management</li> <li>• Managing anxiety in and out of school</li> <li>• Following directions</li> <li>• Advocacy skills</li> <li>• Responsible use of technology</li> <li>• Avoiding procrastination and more</li> </ul>
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One -to-one coaching, counseling, academic tutoring, reading specialists and more, call for details.