

# Social Skills Group For High School Teen Girls

THURSDAYS 6:00pm TO 7:00pm



## BUILD A LIFE WORTH SHARING

Facilitated By  
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**Social Skills Groups  
For Teen Girls.com**

\*Check the website for  
upcoming dates including  
more information on other  
workshops for teens

## Communication & Connection

Have Are you looking for a way to help your teenager feel more socially connected with family, friends, and peers at school? The teenage years can be challenging, as adolescents are going through significant social changes and personal growth. They are discovering their identity, navigating complex social situations, and often facing social pressure and intense emotions. Social skills groups provide targeted support and a safe environment to help teenagers in developing essential social skills and maintaining relationships. By participating in these groups, teenagers can find a sense of belonging, explore their interests, gain self-awareness, develop a better understanding of others, and make new friends. It's an opportunity for them to grow socially while feeling connected to others.

### Location:

700 Old Roswell Lakes Parkway  
Suite 130  
Roswell, GA 30004



[www.TheCenterForTeenAndFamilyTherapy.com](http://www.TheCenterForTeenAndFamilyTherapy.com)

# What Are the Benefits of Social Skills Groups?

Social skills groups offer several advantages for teenagers. One significant benefit is that participating in such groups helps teenagers develop close friendships, which in turn contributes to better long-term mental health. When teenagers have strong connections with others, they often feel more confident and better equipped to handle stressful situations.

Social Skills Groups are beneficial for teens who:

- Have lost their social confidence
- Are shy, introverted or socially anxious
- Are depressed, sad or worried about their friendships
- Who want to connect with peers
- Have been bullied, excluded, or marginalized at school
- Have sensory or cognitive issues that have compromised their friendships
- Have trouble making friends and worry about fitting in

Teens will learn to:

- Use appropriate conversational skills
- Use humor appropriately
- Use electronic communication
- Handle arguments and disagreements
- Handle rumors and gossip
- Handle rejection, teasing and bullying
- Enter & exit conversations
- Be a good host during get-togethers
- Be a good sport
- Change a bad reputation

Female friendships that work are relationships in which women help each other belong to themselves.

A Sweet Friendship REFRESHES the Soul

