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## Registration Form for Jr/High School

### Skill Building for Young Adults

This skills group is designed for teens who are in junior high or high school who may present with emotional, behavioral, and/or social difficulties. Skills topics addressed through facilitated instruction, and social practice opportunities include: stress, and anxiety; strategies to promote self-regulation, career exploration, relationship skills, school transitions, social media, cultural trends, bullying prevention, executive functioning skills, perspective taking, conflict resolution, and problem-solving skills. Monthly community trips, and social events are planned to promote the generalization of acquired skills across settings. Examples of trips, and social events: bowling, trampoline parks, restaurants, mini-golf, cooking activities, holiday party planning for younger children, dances, guest speakers for career exploration, etc. Sessions are scheduled weekly for 1 hour/15 minutes. Tuition includes a monthly 75 minute parenting session which takes place while teens are in session. Workshop agendas will include topics raised by participants as well as by the facilitator relating to adolescent/teen development, emotional, behavioral and social skill development, executive functioning skill development, and the strategies and interventions to promote positive parenting skill acquisition. All parents will receive a binder for handouts and information from trainings.

**Session Schedule: Mondays from 5:30-6:45 Parent Program Schedule: 2<sup>nd</sup> Monday of every month**

**Social Coaches:** Jillian Goodrich, CAGS, Jennifer Beary, M.Ed.

**Cost:** \$62.50 per session payable at the beginning of each month.

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**Parent/Caregiver Name(s):** \_\_\_\_\_

**Teen's Name/Grade as of Sept. 2018:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_ **Parent Email:** \_\_\_\_\_

Questions? Please email Jillian Goodrich at: [jgoodrich.peterpancenter@gmail.com](mailto:jgoodrich.peterpancenter@gmail.com) or call Jillian at 978-501-6813.