

Donna Shea

Social-Emotional Learning Specialist



For more information or to set up a time to talk about the program, contact me via:

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Junior Social Coach Program 2021 (High School & Young Adults)

If your teen or young adult would benefit from social mentoring, building confidence, AND job/life coaching together, this is the program! Your teen will join one of the in-person social groups for younger kids and tweens as a junior coach-in-training. Sessions are available on:

Not only will your teen or young adult indirectly absorb the social coaching and skills provided to the entire group, but they will also be mentored on job skills by a very understanding boss. Groups take place outside at my farmhouse with a converted well-ventilated clubhouse space that we use for indoor activities and during inclement weather.

This program supports teens and young adults in building social confidence, enhancing communication skills and improving perspective taking, conflict resolution, problem-solving, and work-life strategies. Teens and young adults must demonstrate interest in the program, the ability to take direction, and follow all safety rules.

Social skills that are practiced and addressed through in-the-moment facilitation include: independent functioning skills, interaction skills, team skills (active engagement, social reciprocity, following group directions, etc.), social communication skills, socio-emotional skills (e.g. identifying, and expressing feelings, moods, and emotions), promoting self-regulation and developing community social skills. My approach to social learning includes a blend of cognitive behavioral coaching, positive psychology and collaborative problem solving, but more than that, it's just plain fun.

Afternoon Sessions (meet weekly – commitment is monthly):

Summer sessions are available Tuesday (elementary age) or Thursday (middle school age) from 4:30-5:45 PM

Tuition: \$295.00/month (includes four sessions and a \$15/group stipend for the teen or young adult).

Summer Sessions (meets three times per week) on Tuesdays, Wednesdays, and Thursdays. Choose 1 or more weeks.

Sessions currently available mornings 8:30 AM – Noon the weeks of 7/6, 7/27, 8/10, 8/17 & 8/24/2021

Tuition: Per week \$575/credit, \$550/check, or \$525/cash (includes \$125/week paid back to the teen or young adult).
