



Jillian E. Goodrich CAGS, NCSP
Lead Social Coach
629 Massachusetts Ave. Suite 201
Boxboro, MA 01719
(978) 501-6813

**Registration Form for High School
Skill Building for Young Adults**

This skills group is designed for teens who are in 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 informational handout. Handouts will include topics raised by participants as well as by the social coach 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.

Session Schedule: Tuesdays from 5:30-6:45

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

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

Parent/Caregiver Name(s): _____

Teen's Name/Grade as of Sept. 2019: _____

Address: _____

Telephone: _____ **Parent Email:** _____

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