



SOCIAL SKILLS AWARENESS PROGRAM

(For Ages 16 years old to 21 years old)

Facilitated by Bob Hulit, Curriculum Coordinator

The Achievement Center at Raritan Valley Community College

June 13th through July 29th

This SIX-WEEK Social Skills Awareness curriculum program is concentrated to develop and enhance social skills; discuss better ways to communicate our ideas and thoughts; learn safe practices; and recognize the importance of both verbal and non-verbal communication in our interpersonal relationships.

No matter what age, making friends, creating plans, and navigating social spaces can be a challenge and at times, a daunting task. This program is designed to remove the barriers, and offer participants an opportunity to create a social skills toolbox which will allow them to express themselves and their interests in a safe environment.

Each member of the group will participate in group and individual role play exercises designed to practice the skills necessary to grow and maintain healthy relationships with our peers and natural supports as they enter into adulthood.

We will Ask and Explore the Big Questions:

- How to make friends? How to plan out activities together?
- What are the challenges related to friendships?
- How do we show empathy and equality in those relationships?
- How do we maintain them and create growth?

Ready to Get Started?

- This bi-weekly class will be held at The Achievement Center (Arts Building – Room A-25) on the campus of Raritan Valley Community College. The class will be held every Wednesday and Friday from 3pm to 4:30pm – 6/13/2018 to 7/29/2018
- Application Deadline for this program is May 30th. Cost is \$500
- No transportation will be provided.

For more information or to apply for the program, please contact Bob Hulit at 732-666-4781 or email bobh@thearcofsomerset.org