



The Achievement Center at RVCC

SOCIAL SKILLS AWARENESS PROGRAM

(ages 16 years old to 21 years old)

Facilitated by Bob Hulit, Curriculum Coordinator

The Achievement Center at Raritan Valley Community College
September 2018 through December 2018 – start date Friday Sept 14th

This bi-monthly Social Skills Awareness program on the campus of Raritan Valley Community College is designed through practice to develop and enhance social skills; discuss better ways to communicate our ideas and thoughts; and recognize the importance of both verbal/non-verbal communication in our relationships.

No matter what age, making friends, creating plans, and navigating social spaces can be a challenge and at times, a daunting task. Through discussion and role plays, we offer participants an opportunity to create a social skills toolbox which will allow them to express themselves and their interests in a safe environment.

Please note this is not a behavioral intervention therapy group. It is designed for our members to gain confidence and work towards emotional and social well-being.

We will Ask and Explore the Big Questions:

- How to make friends? How to plan out activities together?
- Recognizing how our Verbal and Non-Verbal responses
- How do we maintain interpersonal relationships and create growth?

Are You Ready to Get Started?

- This bi-monthly Social Club group will be held on the second and fourth Friday of the month from 6pm to 8pm at The Achievement Center (Arts Building – Room A-25) on the campus of Raritan Valley Community College. Start Date is Friday, Sept 14th.
- Cost is \$350. No transportation will be provided.

To learn more information or request an application and set up an interview for the program, please contact Bob Hulit at 732-666-4781 or email us at bobh@thearcofsomerset.org