



Tuesdays 4:30-5:30  
May 15 – July 24, 2018  
No Group July 3

## SOCIALIZING IN MUSIC: A SOCIAL GROUP FOR TEENS & YOUNG ADULTS

This is a 10-week social skills group that gathers teens and young adults with similar strengths and needs with a goal to improve upon their social skills.

The skills that will be focused on include:

- Being Socially Engaged
- Emotional Regulation
- Emotional Expression
- Initiating and Maintaining Conversations
- Improving Self Esteem
- Improving Leadership Skills

*Progress is measured using a social skills scale and a prompting scale that objectively explain where each individual's social skill levels are in each session. Our goal is for each participant to improve upon their social skills by at least 1 skill level over the course of the 10-week group!*

Music is a very powerful tool!

There is no need to have any experience or special talent on an instrument to benefit from the powers and motivation of music. This group will incorporate listening to favorite music, expanding knowledge of music and instruments, creative movement, song writing and working together with problem solving and teamwork.

For more information about other services Expressive Therapies offers, please visit our website at [www.expressivetherapies.net](http://www.expressivetherapies.net)

**Group fee: \$509 or 10 weeks**  
An initial appointment is needed prior to group starting.  
To register for this group, or with any other questions please contact us:  
920.903.1009  
[info@expressivetherapies.net](mailto:info@expressivetherapies.net)

**Groups are held at 245 N Metro Drive in Appleton WI 54913**

Serving the Fox Cities, Wisconsin  
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