

PRACTICE MAKES PERFECT

ATTENDANCE:

Obviously, the more children have a chance to practice their social skills at regular intervals, the better for their development. Aim for your child to attend a practice session weekly, particularly if she/he is struggling with some of the skills. If that is not possible, then aim for at least once every other week.

SOCIAL SKILLS PRACTICE GROUP

For 7-10 year old graduates of previous TLH Social Skills Programs and eligible TLH individual therapy clients (referred by their clinicians)

Facilitator: Rogaiyah Hamidaddin (SLP) and Manaal Mulla (Psychology Intern)

Day & Time: Every Wednesday, 4.30pm – 5.30pm

Cost: AED 150/session

Limited spaces available. Advance booking and payment required.

In this program children will focus on putting previously taught skills into practice by applying them to real issues that they face at school and in their lives. With the support of trained facilitators, children will practice desirable social behaviors through play and unstructured activities and games. The aim is for participants to continue to apply these skills and extend positive interactions to peers and adults outside of the group.

SKILLS PRACTICED INCLUDE:

- **Self-awareness:** Awareness of one's thoughts, feelings and behaviors, and the links between them / How to understand and name own emotions accurately / Accepting and expressing feelings in healthy ways
- **Social awareness:** Awareness of others' thoughts, feelings and behaviors / Understanding verbal and non-verbal communication / Active listening
- **Self-regulation:** Recognizing the "fight or flight" response and how to circumvent it / How to calm down using different tools and strategies / Ability to manage one's emotions
- **Social relationships:** How to make and maintain relationships with others / Ability to handle difficult communication situations

CHILDREN WILL WALK AWAY WITH:

- Developed awareness and acceptance of own thoughts and feelings
- Improved social awareness, and ability to recognize and understand others' emotions
- Increased self-confidence and adaptive behaviors in social settings
- Enhanced interpersonal relationships and social skills

CONTACT US

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RESERVATIONS: socialskillsprogram@lighthousearabia.com

LOCATION: The LightHouse - Center for Wellbeing. For directions please visit our website lighthousearabia.com/contact

Kindly note, spaces are limited for this group. Advance booking and payment is required. Complimentary Valet Parking is available.



THE LIGHTHOUSE
CENTER FOR WELLBEING

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