Teenage Social Skills Program

Having trouble understanding and communicating with others? Need Help?

PoDDSS are offering a Social Skills course that aims to teach the necessary skills to make friends, build relationships and communicate with others.

Session Covers

- How to greet people & Conversation starters
- Understanding active listening & how to use it appropriately
- How to know if someone wants to talk to you/doesn't want to talk to you
- Understanding different communication styles (passive, assertive, aggressive)
- Understanding Bullying & ways to respond
- Appropriate use of social media
- Understanding the difference between healthy & unhealthy friendships
- Understanding the difference between healthy & unhealthy relationships
- How to recognise your emotions & manage them effectively
- How to recognise the emotions of others; what to say or do

Who Should Attend

- Come because YOU want to learn about things that are happening for YOU
- Bring a trusted person who you can talk to once you leave the session
- Commit to coming to every session

Cost

- 10 x 1 Hour Sessions @ $156.16

Date Tailored to your needs **Time** Tailored to your needs

Venue PoDDSS 10-20 Cottell Street Hyde Park or at the Providers/participants nominated location

Contact

PoDDSS Admin for more details
Tel: (07) 4700 6854

PoDDSS Pty Ltd
Professional Disability Development Supports & Services