

Social Skills Basics

The 3 **C's**:
Catch it,
Check it,
Change it



AllHealth
NETWORK

Location: Wellness | **Ages:** 18+ | **Day:** Wednesdays | **Time:** 3pm to 4pm
Dates: 3/20 to 4/24

Group leader: Kate Ebert, MA, LPCC

Come learn social skills basics in this 6-week class!

Participants will learn the tools needed to achieve their personal social skills goals by using the **3 C's: Catch It, Check It, Change It.**

Additional topics covered in this group will include: changing unhelpful thinking patterns, understanding how to improve interpersonal communication, and learning new problem solving techniques.

There will be plenty of opportunities to practice skills with fellow participants and snacks will be provided!