

Social Skills Groups

Does your child need help making friends or maintaining friendships? Do they lack friends who share their specific interests? Does your child have a hard time relating to others and it prevents them from joining clubs or maintaining jobs? 



**AGES
4-17**

We match kids based on their preferences in order to build on connection and joy first! From there, we build skills to connect with others and encourage social success.

Every Saturday and Sunday: Groups with 6 kids and 3 adults (2:1 Ratio)

Throughout the week: Smaller, tailored groups for those not ready for a larger social group

All youth welcome! All neurotypes welcome! ** We provide accommodations as needed per child**

Includes a free group parent training while your child attends the weekend social skills group.



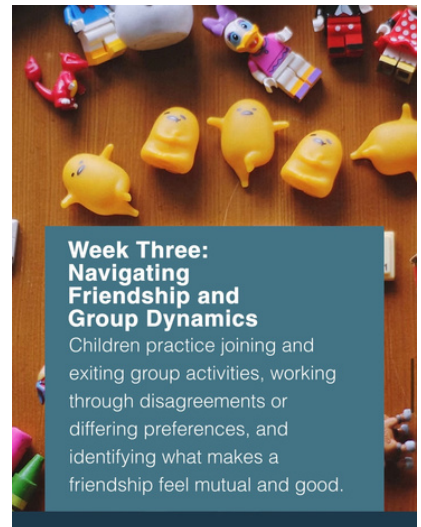
Week One: Building Connection and Conversation

Children practice starting conversations around shared interests, taking turns in dialogue, and noticing when a peer is engaged versus ready to move on.



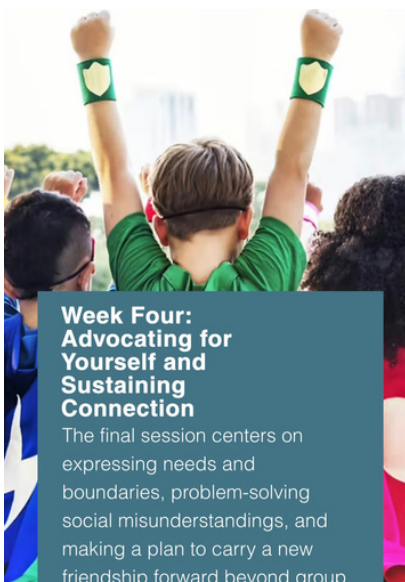
Week Two: Understanding Others' Perspectives

Sessions focus on recognizing that peers may think, feel, or react differently, reading body language and tone, and staying flexible when plans or group activities shift.



Week Three: Navigating Friendship and Group Dynamics

Children practice joining and exiting group activities, working through disagreements or differing preferences, and identifying what makes a friendship feel mutual and good.



Week Four: Advocating for Yourself and Sustaining Connection

The final session centers on expressing needs and boundaries, problem-solving social misunderstandings, and making a plan to carry a new friendship forward beyond group.

125 Michael Drive, Suite 105,
Syosset, NY 11791

**** Zoom sessions available**



For more information or to register please visit **www.drSarahHeller.com**

One hour per week, \$150 per session, 4-week program

