

# Adult 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.

Subjects that will be covered include:

- ◆ How to Greet People & Conversations Starters
- ◆ Understanding active listening and how to use it appropriately
- ◆ How to know if someone wants to talk to you /doesn't want to talk to you
- ◆ Understanding different communications styles (passive, assertive, aggressive)
- ◆ Understanding Bullying and ways to respond
- ◆ Appropriate use of social media
- ◆ Understanding the difference between unhealthy friendships and healthy friendships
- ◆ Understanding difference between unhealthy relationships and healthy friendships
- ◆ Understanding difference between unhealthy relationships and healthy relationships
- ◆ How to recognise my emotions and manage them effectively
- ◆ How to recognise the emotions of other, what to say or do

It is important that you:

- ◆ 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

## **CONTACT US ON**

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10 week Program starting on the 27 January 2021