



Helping Children and Adolescents Succeed Socially!

The Social Skills Groups

Social Skills Groups are held at:
The Social Skills Place, Inc.
464 Central Avenue Suite 6
Northfield, Illinois 60093

Date and times:

Elementary School

Tuesday's 4:00PM-4:45PM
Thursday's 4:30PM-5:20PM

Middle School/Jr. High

Monday's 5:00PM-5:50PM
Thursday's 5:30PM-6:20PM

High School/College

Tuesday's 6:45PM-7:45PM
Thursday's 7:00PM-8:00PM

Parent Group

Wednesday's 7:15PM-8:30PM

Founder:

Susan Stern, MSW, LCSW

Telephone:

(847)446-7430

Visit us at:

www.socialskillsplace.com

Please Note:

We begin new groups as soon as we have enough children or adolescents to form a new group.

Dates and times of the groups are flexible.

Harmony in Our Lives

Healthy and positive thoughts help us make and keep our friends as well create harmony in our lives.

Keep your attention focused on something positive this holiday season and good things will begin to happen.

Your experiences in life mirror your belief system back to you. So in order to change your experiences you must change your beliefs.

How can we accomplish this for the holiday season? We can accomplish this by adjusting or changing the beliefs that do not serve us well.

Beliefs are:

Thoughts you accept as true become your beliefs. So let us incorporate the following beliefs into our lives:

- The holidays are going to be full of togetherness and joy this year.
- The children are going to be pleasant and cooperative this holiday season.
- Our marriage is going to be supportive and joyful this holiday season.
- We will be comfortable and have plenty in the area of money this holiday season.
- We are going to enjoy our families and the holidays this year and always.

What beliefs are creating your experience?

Homework assignment. Before the Thanksgiving, Chanukah, Christmas and New Year's holidays, write down three thoughts that you have. **Next** write down three beliefs you have. Be thoughtful about this assignment and notice them. **Now** write down three thoughts you want to have or you want to continue to have. **Say** them everyday and BELIEVE them, for now you know you have the power to think whatever you choose and it will matter in your life since our thoughts create our life experiences. **Tell** your children your new positive thoughts. You are their teachers. We want to be the best teachers in the world for our children, since they are our jewels, and we must keep them safe and in a good place. We must teach them hope and we must teach them that they have the power to create their lives.

Enjoy your new thoughts and beliefs this holiday season and let us see what comes of this new lesson.

Have healthy, joyful and safe holidays this year.

Some ideas taken from Bruce I. Boyle III. Before You Think Another Thought. An illustrated guide to helping you understand how your thoughts and beliefs create your life

Susan Stern, LCSW is the founder of the Social Skills Place, Inc.

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