



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-6:50PM  
Thursday's 5:00PM-5:50PM

**High School/College**  
Tuesday's 6:30PM-7:30PM

**Parent Group**  
Wednesday's 1:00PM-2:30PM  
Wednesday's 7:00PM-8:30PM

Founder:  
**Susan Stern, MSW, LCSW**

Telephone:  
**(847)446-7430**

Visit us at:  
**www.socialskillsplace.com**



**Symptoms of Inner Peace**

- A tendency to think and act spontaneously rather than from fears based on past experiences.
- An unmistakable ability to enjoy each moment.
- A loss of interest in judging self.
- A loss of interest in judging others.
- A loss of interest in conflict.
- A loss of interest in interpreting the actions of others.
- A loss of ability to worry.
- Frequent, overwhelming episodes of appreciation.
- Contented feelings of connectedness with others and nature.
- Frequent attacks of smiling through the eyes of the heart.
- Increasing susceptibility to love extended by others, combined with the uncontrollable urge to extend it.
- An increasing tendency to let things happen, rather than make them happen.

- Author Saskia Davis

**Have happy holidays and a Happy New Year!**

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

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