



Social Skills Groups



OBJECTIVE

A social skills group is a small and supportive setting for children/youth who need help in developing interpersonal skills. In these groups, our professionals guide them through strategies to navigate social environments while working with horses to improve and establish healthier relationships.

DETAILS

45 minute- 8 Week Sessions

COST: \$75.00 per session

*Up to 6 people in a group. Minimum of 3 to hold a class.
No previous horse experience required or riding involved.*

TOPICS

SOCIAL SKILLS (GRADES- K-5)

***MAKING IT THROUGH MIDDLE SCHOOL**

***HIGH SCHOOL SOCIAL SKILLS**

GRIEF AND LOSS

EMOTIONAL SKILLS REGULATION

PROBLEM SOLVING

Kindergarten to High School Groups

WEEKDAYS 3:00 PM-6:45 PM

**Autism and Disability Level Focused
Sessions available*

RESERVE YOUR SPOT TODAY!

201-919-6180

info@equinetherapynj.com

**EQUINE
THERAPY
TEAM**



LOCATION:

313 UNION BRICK ROAD
BLAIRSTOWN, NJ 07825

SCAN TO VIEW
WEBSITE

CALL: 201-919-6180

EQUINETHERAPYNJ.COM

Social Skills Group Schedule

Subject To Change. Contact Us To Check Availability.

DAY	TIME	GROUP NAME	DESCRIPTION	GRADE LEVEL
MONDAY	3:00 PM	High School Social Skills - Disability Focused - MD/Autism	Participants learn about themselves and others while building the necessary skills to make and keep friends, develop more confidence in social situations and practice strategies in problem solving, decision making and emotional regulation.	9-12
MONDAY	3:45 PM	General Social Skills Group	Learn strategies to navigate social environments while improving their confidence and establishing healthier relationships.	K-1
MONDAY	4:30 PM	Making it through Middle School - Boys	Participants learn about themselves and others while building the necessary skills to make and keep friends, develop more confidence in social situations and practice strategies in problem solving, decision making and emotional regulation.	6-7
MONDAY	5:15 PM	Grief and Loss Group	Participants learn what is "normal" in the grief process while learning helpful ways of coping and how to receive support along the way from their peers.	
TUESDAY	4:30 PM	General Social Skills Group	Learn strategies to navigate social environments while improving their confidence and establishing healthier relationships.	2-3
TUESDAY	4:30 PM	Making it through Middle School - Girls	Participants learn about themselves and others while building the necessary skills to make and keep friends, develop more confidence in social situations and practice strategies in problem solving, decision making and emotional regulation.	6-7
WEDNESDAY	3:00 PM	High School Social Skills - Disability Focused- MD/Autism	Participants learn about themselves and others while building the necessary skills to make and keep friends, develop more confidence in social situations and practice strategies in problem solving, decision making and emotional regulation.	9-12
WEDNESDAY	3:45 PM	Making it through Middle School- Girls	Participants learn about themselves and others while building the necessary skills to make and keep friends, develop more confidence in social situations and practice strategies in problem solving, decision making and emotional regulation.	7-8
THURSDAY	3:00 PM	*High School Social Skills - Disability Focused- MD/Autism	Participants learn about themselves and others while building the necessary skills to make and keep friends, develop more confidence in social situations and practice strategies in problem solving, decision making and emotional regulation.	9-12
THURSDAY	3:45 PM	Self-Regulation - Interpersonal Skills Group	The goal of this group is to improve upon one's emotional regulation skills by learning to take initiative, begin to regulate their own emotions, gain deeper insights into how and what they feel, how to process those emotions and, ultimately, gain resilience skills that are the key to emotional success.	
THURSDAY	5:15 PM	General Social Skills Group	Learn strategies to navigate social environments while improving their confidence and establishing healthier relationships.	4-5
FRIDAY	3:15 PM	*Making it through Middle School - Disability Focused- MD/Autism	Participants learn about themselves and others while building the necessary skills to make and keep friends, develop more confidence in social situations and practice strategies in problem solving, decision making and emotional regulation.	6-8
FRIDAY	4:00 PM	Making it through Middle School- Boys	Participants learn about themselves and others while building the necessary skills to make and keep friends, develop more confidence in social situations and practice strategies in problem solving, decision making and emotional regulation.	7-8

Schedule Is Subject To Change

Contact us!

201-919-6180 or at info@equinetherapynj.com

to reserve your spot.