

Social Skills Groups

Elementary, middle school, and high school-aged groups available

Experience Social Success

Do you know a child who has trouble making friends? Perhaps he or she has acquaintances at school, but no plans on the weekends? If so, we may be able to help!

Our social skills groups are designed to help children and teens **practice socializing** with others their age while receiving support and guidance from psychologists.

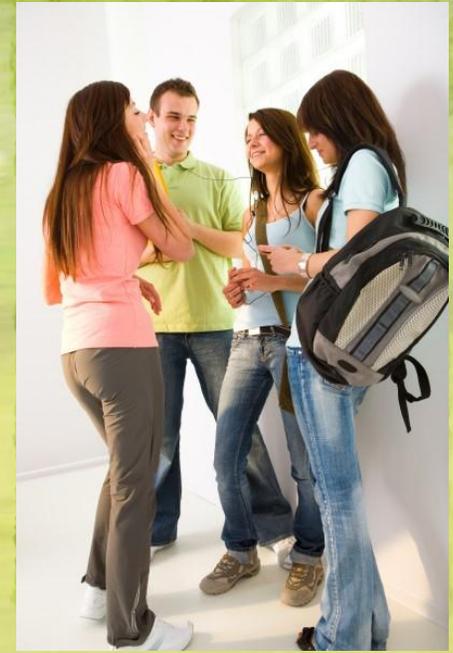
About Dr. Smith

Dr. Smith is a licensed clinical psychologist who received specialized training in child and adolescent therapy from Yale University School of Medicine. A native Long Islander, she recently opened her private practice in Nassau County, with offices in Roslyn and Great Neck. Dr. Smith is currently a Clinical Assistant Professor at New York University School of Medicine.

Do you know a child who...

- Has difficulty making and maintaining friendships?
- May be perceived by others as awkward?
- Has many strengths, such as intelligence or creativity, but rarely has plans on the weekends?
- Is more comfortable with adults than peers?
- Is very shy and/or anxious in social settings?
- Is diagnosed with a developmental disability (i.e., Asperger's, PDD NOS, or Autism) and is high functioning?
- Has other symptoms or conditions that may interfere with his/her social lives (ex. Depression, anxiety, ongoing medical problems, significant speech problems, frequent hospitalizations)?

If you answered "yes" to any of the following, then you know a child who may benefit from participating in a social skills group!



"It is not so much our friends' help that helps us, as it is the confidence of their help." - Epicurus

For more information, please call Dr. Smith at (516)209-2595. Limited space available!

Social Skills Groups

Elementary, middle, and high school groups available



A healthy social life can reduce the negative effects of stress, increase happiness, and even improve physical health and resilience to negative events (see Salovey, 2000).



Linda Smith, Ph.D.

Licensed Clinical Psychologist

Phone: (516) 209-2595

Email: LSmithPhD@gmail.com

107 Northern Blvd. Suite 300

Great Neck, NY 11021

www.LindaSmithPhD.com

Traditional social skills groups aim to help children with significant social impairments develop foundational skills, such as making eye contact or shaking hands. **What about children who have foundational skills, but struggle with more subtle aspects of social development?** Or those who excel when spending time with adults, but are at a loss when it comes to their peers?

Our social skills groups are an ideal match for children or teens who have basic social abilities but are not satisfied with their social lives. Perhaps something gets in the way— anxiety, awkwardness, discomfort, problems with social cues, or outside circumstances— or perhaps there's no clear cause. Our groups provide children and teens with fun ways to work on overcoming barriers to a satisfying social life. Positive social interactions in group serve as a blueprint and confidence boost for positive social interactions outside of group.

Groups are organized by grade level so that students can practice and learn with their same-age peers. While younger elementary school students learn how to play appropriately with others in school and during play dates, older age groups utilize a more talk-based approach, discussing issues such as school dances, transitioning from texting to spending time in person, bullying, and dating. Topics are often driven by group members who learn how to give and receive feedback about their social skills—from both peers and group leaders—in a safe and supportive way.

As a psychologist, I value individual therapy, but am aware of the limitations that an adult has while talking to a child or adolescent about social skills. **Providing children with a safe space to gain confidence and skills with their peers can be an immensely powerful experience** either on its own or in addition to ongoing therapy.

For more information, please call Dr. Smith at (516)209-2595. Limited space available!