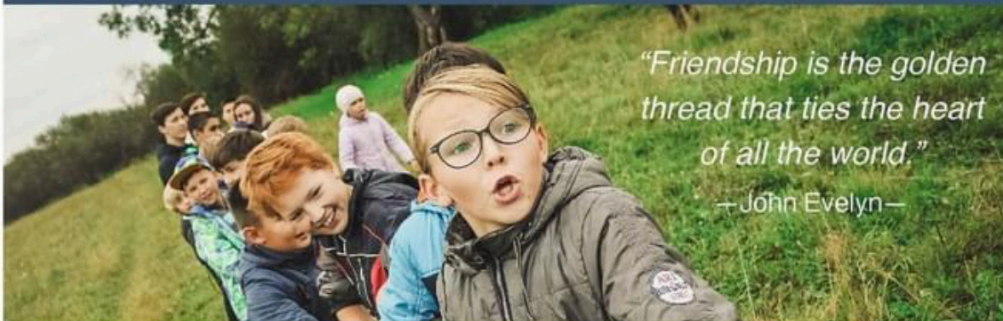


Social Skills Group



"Friendship is the golden thread that ties the heart of all the world."

— John Evelyn —

Childhood friendships are a key building block for healthy relationships later in life. Peer relationships are the training grounds for children to hone their skills, increase independence, and develop the capacity for healthy adult relationships later in life. This group is designed to help your child increase their social competence, self-esteem, and improve their ability to communicate effectively with their peers. Group sessions will focus on:

- Developing great social-emotional awareness
- Managing difficult feelings & emotional regulation
- Problem solving, negotiation, & conflict resolution
- Honesty, integrity, assertiveness, & important relational values
- Increasing perspective-taking ability.

This group is being held in-person and is designed for children 7-12 years of age. If you are interested in your child participating in the Social Skills group, please contact Thomas Blake at (949) 229-1632 or visit www.AnchorPsychotherapy.com.



Thomas Blake, AMFT (125666) has extensive experience working with children of all ages. Thomas specializes in integrating affirmative, trauma-informed, and somatic therapy into his work. Thomas is currently supervised by Bren M. Chasse, LMFT (94662).

Cost: \$60 per session

Location: 32 South Raymond, Suite 7
Pasadena, California 91105

Time: Mondays 5:30pm - 6:45pm