

Cactus Club Selective Mutism/ Social Anxiety Social Group

Is your child 4-17? Do they struggle with **selective mutism and social anxiety**? Are they able to be verbal with a new person within 10-20 minutes of warm up time? If so, this group is a great fit!

Cactus Club
2 Saturday mornings a month.
**Fall Semester: August-
December**
Spring Semester: January-May

Our 50 minutes in-person group meetings include:

- Structured activities specific to communication and social skills
- Opportunities to practice skills such as explaining the rules of a game, asking questions for clarification, and speaking to others.
- At-home activities to apply social skills in the real world

SIMPLY PSYCHOLOGY

www.simplypsychservices.com

**2930 E Northern Ave A-105
(602) 428-2838**

Social Skills Groups

Communication, Listening Skills, Self-Care, Emotional Regulation, Goal-Setting, Cooperation, Teamwork and MORE!

Questions & Registration

Email our Social Skills Director to find out more, or to schedule a free, 15-minute phone call!
mariah@simplypsychservices.com



Social-Emotional Learning Groups

These special focus groups are designed to target social-emotional learning goals, increase confidence and provide a safe space to communicate with peers!

**Please call for current availability*
ACTIVE Listeners
a play-based class for kids to work on self management, calm-down strategies, communication (Elementary ages)

Uniquely YOU
a class for positive self-image, confidence building and navigating friendships (middle school and up)

Simply Social
work on communication, teamwork, social cues, expressing and understanding emotions, problem-solving (middle school and up)

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