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# Friendships: High School Years

During this virtual group, high school age teenagers will connect with their peers to learn and practice the social skills they need to make and keep friends (while they are social distancing). They will grow in their understanding of social cues and rules across adolescence. The group will provide a safe place to talk about individual goals and struggles, and to recognize individual strengths that can be used in social situations. This group is appropriate for 9th through 12th graders who struggle with self-awareness and appropriate behavior with peers, have trouble understanding social interactions or want to better understand the social world around them, including healthy use of social media and technology.

### WHEN & WHERE

Thursdays February 3rd—March 24th 5pm—6pm via zoom May be held in person if able

### COST

The group is free of charge, but space is limited so sign up soon! Those who attend all 8 sessions will receive a gift card at the end.

#### **HOW DO I SIGN UP**

Must have a camera-enabled device (cellphone, tablet or computer) with internet access and downloaded zoom app (no charge).

Call Janet O'Donnell, Family Resource Coordinator 815-288-1905, ext 106



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