



Mariel Arru, LCMHC

## Social Connections Group

### Building Social Connections Together

WHO: **HIGH SCHOOLERS**  
WHEN: 10/21/25- 12/16/25 (Tuesdays)  
COST: \$80 PER SESSION (8 WEEKS)  
LOCATION: MATTHEWS, NC



Kimberly Ward,  
LCMHCA, NCC

## BUILDING CONFIDENCE AND FRIENDSHIPS

**SOCIAL CONNECTIONS GROUP** is a supportive group designed to help teens build confidence and navigate social interactions effectively within a safe environment. The group will empower high school teens to develop essential skills that will help them move forward in all areas of life.

### Objectives:

- To build confidence in everyday social situations
- Learn to start and maintain conversations with peers and adults
- Practice active listening and empathy
- Learn to manage social anxiety and nervous thoughts
- Learn to express themselves clearly and respectfully
- To gain tools to develop stronger friendships and connections

### Examples of Teaching Methods Used:

- Gradual exposure with low-stakes scenarios
- Success journaling for tracking weekly interactions
- Confidence building through learning positive self-talk
- Peer support, collaborating with others in group
- Modeling, leaders and peers demonstrate conversation starters
- Role-playing within group
- Obtaining a “conversation toolbox”

**REGISTER NOW**

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