

# *The Mindly Group*

## **VIRTUAL SOCIAL SKILLS WORKSHOP**

### **Group Meetings:**

5:00PM - 6:00PM | Wednesdays

March 4<sup>th</sup> - April 8<sup>th</sup>

### **Topics Covered**

Communication Skills

Conversation Starters

Confidence and Self-Esteem

Peer Relationships

Emotional Expression

Empathy

**Cost:** Free

**Ages:** Middle School (11+)

**RSVP by February 25<sup>th</sup>**

Please email to join!

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**Jennifer Martinez-Mejia**



**Julia Regan**