

Grow and Thrive!



Wellness & Skills-Building Groups

Join our therapeutic programs to enhance communication, physical development, and teamwork skills. Led by experienced therapists, each session offers a supportive environment for growth and learning. Open to all in the designated age groups, these programs can complement other Therapy services.

Speak & Succeed - Essential Skills for Young Adults Ages 16+

Fall Session 2: **November 6-December 18, 2024**

• *Wednesdays 3:30-5:30 p.m.*

At Speak & Succeed, young adults enhance their communication skills and prepare for the professional world in our comprehensive 7-week therapy group tailored to help build essential skills for success in social and job settings.

This program is perfect for young adults eager to refine their communication skills and boost their career readiness. Led by experienced Speech and Language Pathologists, this course covers:

- **Effective Communication**
- **Job-Related Skills**
- **Social Networking**
- **Presentation Skills**
- **Assertiveness and Self-Advocacy**



Register Today!



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For questions, email tbc@eastersealsma.org.