

# 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.

## Talk the Talk: Dating Edition

Ages 16+

### Fall Session 2: November 7-December 19, 2024

- Thursdays 3:30-5:30 p.m. (no class on Thursday, 11/28)

Dating and relationships can be exciting and also challenging when it comes to communication. Talk the Talk: Dating Edition is a therapeutic group for individuals 16 and older, led by a Speech-Language Pathologist, focused on building essential dating communication skills. Participants learn how to approach others in various settings, explore online safety and virtual communication, and understand nonverbal cues like body language and flirting. The group also covers:

- Indirect Communication Skills
- Emotional & Physical Safety
- Self-Advocacy
- Social Skills



Register Today!



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For questions, email [tbc@eastersealsma.org](mailto:tbc@eastersealsma.org).