



Social skills adult group

September 3 to December 10, 2024

Tuesdays
5-6:30p

Serenity Coaching and Counseling LLC.

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Worcester, MA 01608

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www.serenitycoachingcounseling.com

Group fall curriculum

9/3/24: Intro, group rules, safety rules

9/10/24: What are relationships

9/17/24: Types of relationships

9/24/24: Healthy vs Unhealthy behaviors

10/1/24: Trust and Support

10/8/24: Repairing trust

10/15/24: Relationship safety

10/22/24: Relationship boundaries

10/29/24: Relationship manipulation and abuse

11/5/24: Relationship respect

11/12/24: Supportive networks

11/19/24: Strong sense of self

11/26/24: Reflecting on relationships

12/3/24: Ending relationships

12/10/24: Communication styles and Conflict Resolution

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