

# Social Skills Program

Building connections that last.



## ► The Challenge When Social Interactions Feel Overwhelming

For many families of children with developmental needs, **everyday social situations can become sources of stress and anxiety.** Taking your child to the park, joining community events, or participating in group activities often leads to feeling isolated or misunderstood. Parents frequently share their heartache of watching their child struggle to connect with peers or seeing others misinterpret their child's attempts to engage.



## ► Introducing... Empower U Social Skills Programs Structured Social Skills Development in a Supportive Environment

Our social skills programs create a bridge between therapy and real-world social interactions, **offering structured support in environments where every child is understood and welcomed.**



### Children's Workshops (Ages 4-12)

Structured group activities focusing on foundational social skills through STEM projects, sensory work, and team building.



### Teen Social Groups (Ages 13-21)

Guided peer interactions and social skill development in age-appropriate, engaging settings.



### Family Community Events (All Ages)

Inclusive holiday celebrations and themed activities where families can connect and practice social skills together.

## ► Benefits Building Confidence Through Connection



### Personalized Development

Expert-guided sessions that adapt to each child's unique social needs and learning style through evidence-based practices.



### Skill-Based Learning

Structured activities that build fundamental social abilities: communication, problem-solving, emotional regulation, and teamwork.



### Supported Practice

Regular opportunities to develop social confidence in both structured and natural settings, guided by experienced professionals.

### What's the Cost?

\$125 per session private pay. Insurance options may be available upon request.

### Location

65 Monmouth Street,  
 Suite 3B  
 Red Bank, NJ 07701

## About Empower U ABA Services

Empower U's ABA Services delivers evidence-based behavioral support in an inclusive, collaborative environment. We combine clinical expertise with individualized care to create lasting positive change.



### LEARN MORE

You can contact [gtheosmy@justempower.me](mailto:gtheosmy@justempower.me) to enroll or learn more about our social skills programs.