



North Shore Youth Council

P.O. Box 1286, Rocky Point, NY 11778 - 631.744.0207 - www.nsync.com

Young Adult Social Skills Class!

New!

A new group for young adults ages 18-25 to learn life skills and social interactions!

Topics include...

- Communication skills and having successful social interactions
 - Structure of successful social interactions (ie; asking questions, finding commonalities, using humor, etc.)
- Creating and maintaining healthy relationships with peers
 - Identifying and communicating emotions
 - Coping skills and managing life/work stressors
- Managing conflict and disagreements successfully
 - Dealing with peer pressure
 - Dating etiquette



6-Week Class Beginning October 18th!

Groups will run for an hour and a half and meet weekly on Monday or Wednesday evenings, time TBD, Post-high school ages 18-25. Our office is located in the portables on the grounds of the Joseph A. Edgar School in Rocky Point.

The program cost is \$240, with a \$40 intake and processing fee.

For more information or to register, call 631-744-0207 or contact Dana Ellis, LMHC at dana@nsync.com.