



## Social and Emotional Skills Group for Teenage girls and boys (14-17 yrs)

This group is designed to use simple techniques and ideas to encourage self-discovery to help teenagers develop authentic and meaningful connections within themselves and their interpersonal relationships with peers and adults. These skills help teenagers navigate their emotional and psychological worlds more effectively and lead to better-balanced individuals and ultimately adults. Through mindful activities, role-playing, breathing techniques, sensory awareness, guided visualisations and art they will learn to identify, understand and regulate their feelings and emotions through the skills learnt. All of the above happens within a safe, non-judgemental and intimate group setting.

### Competencies taught :

Self-awareness / Self-Regulation / Social-awareness Relationship Skills / Personal responsibility / Goal directed behaviour / Responsible decision making / Optimistic thinking.

BOOKINGS : Contact  
[info@foundationsforlife.co.za](mailto:info@foundationsforlife.co.za)  
021 761 8144



WORKSHOP TIME:  
9.30 -11.30

DATE:  
Saturday (4 consecutive)  
23/2, 2/3, 9/3, 15/3

PLACE:  
Foundations for Life, 2  
Hemyock Road, Plumstead

COST:  
R1600 per child