



Psycho-educational training groups run on Thursdays from 3pm- 5pm at the El Monte office.

### **SOCIAL SKILLS TRAINING SERIES**

- 02/07/2013    Week 1- Preliminary self-assessment**
- 02/14/2013    Week 2- Introduction to Program**
- 02/21/2013    Week 3- Personal Introductions**
- 02/28/2013    Week 4- Circle of Friends and Community**
- 03/07/2013    Week 5- Behavior/Socialization with family, peers, stranger**
- 03/14/2013    Week 6- Getting along with others in group setting**
- 03/21/2013    Week 7- Social Awareness**
- 03/28/2013    Week 8- Communication styles and how styles affect social interactions**
- 04/04/2013    Week 9- Identifying and coping with stressors**
- 04/11/2013    Week 10- Self advocacy and self esteem**
- 04/18/2013    Week 11- Review what was learned/Post Test**

### **ANGER MANAGEMENT TRAINING SERIES**

- 04/25/2013    Week 1- Preliminary self-assessment**
- 05/02/2013    Week 2- Introduction to program**
- 05/09/2013    Week 3- What is anger and other feelings?**
- 05/16/2013    Week 4- How does anger affect our bodies?**
- 05/23/2013    Week 5- My feelings and reactions to situations that make me angry**
- 05/30/2013    Week 6- How do I identify anger within my body?**
- 06/06/2013    Week 7- Causes of anger**
- 06/13/2013    Week 8- Anger- what role do I play**

- 06/20/2013**    **Week 9- Problem solving and conflict management**
- 06/27/2013**    **Week 10- Managing anger and coping techniques**
- 07/03/2013**    **Week 11- Positive communication/expression of anger**
- 07/11/2013**    **Week 12- Review what we learned / Post Test**

**SEXUALITY TRAINING SERIES**

- 07/18/2013**    **Week 1- Preliminary self-assessment**
- 07/25/2013**    **Week 2- Introduction to program**
- 08/01/2013**    **Week 3- What is sex?**
- 08/08/2013**    **Week 4- Our bodies**
- 08/15/2013**    **Week 5- Puberty and body development**
- 08/22/2013**    **Week 6- Socially appropriate sexual behavior (time and place)**
- 08/29/2013**    **Week 7- Healthy decisions about sexuality**
- 09/05/2013**    **Week 8- Health and sexuality**
- 09/12/2013**    **Week 9- Safety**
- 09/19/2013**    **Week 10- Review what was learned/ Post Test**

