

2011 Teen Confidence Boosting Social Skills Groups



Be Confident

Do you know any teenagers who would like a confidence boost? We provide this group (BCBL) for young people who are feeling left out, shy, who have been bullied or who are struggling to relate to other young people. Young people can hang out with others their age, relax, grow in maturity, belong and become more confident in this group.

During the group young people have experiences in relaxing with their peers, they become more positive about themselves and they feel their value and worth. In the group we mostly hang out and talk about different topics. Sometimes we do structured exercises about relating to others. Throughout the group the leaders assist the young people to practice their social skills in a relaxed and natural way.

The groups leaders are Jane Maher and Ben Assan. Jane is a Psychodramatist and has run these groups for over 14 years. Ben is an adolescent & family therapist with over 20 years experience. We both enjoy working with young people and together we create an easy, interested and helpful vibe.

To join BCBL please ring Jane for a pre-program meeting. In this meeting you can ask any questions you like about the group and Jane will be pleased to meet you. If you're not sure you you want to join you can give it a go by coming to the first session to check if it works for you.

BELONG

Term 3 2011

8 x Tuesdays in Term 3

Times

Tues 6.15-7.45pm

Cost:

\$85 per group session

\$85 hr individual appts

@:

**Crisalida Child Adolescent &
Family Therapy**

391A St Georges Rd

North Fitzroy

Vic 3189



www.crisalida.com.au

Contact Jane Maher

0419102338

jane@evolvingroles.com.au



www.evolvingroles.com.au

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Feedback from Young People about

-how they felt before starting the group

- Speechless and then I got used to it
- I felt really nervous and shy when I first started
- Nervousness, anxiety,
- the feeling that I wouldn't relate to anyone
- worried that I would not fit in
- worried that the group would not help

-if they belonged in the group and how they noticed this:

- Yes I did feel I belonged, because I felt calmer and more at ease
- Yes. When people related to my experiences and seemed to understand and agree with what I said.
- Yes, I just figured.

-if their confidence increased and how they noticed this

- Yeah - I figured alot of stuff out
- No I always felt comfortable and able to express things
- Yes through talking to people and using eye contact and telling my friends to stop being mean to me
- It did. The change was subtle and can be hard to detect the exact moment. but there was a change.

-if and how they have changed or taken risks in the group

- I'm more positive
- Yes. I used to be shy meeting people.
- Now I'm Ok meeting people
- Sometimes I've expressed strong opinions on contentious issues
- somethings I have not discussed with other people
- I feel more +ve

What young people say to others who are thinking about doing the group.

- Try to be open minded. Don't assume things. You will get used to it and enjoy it.
- It's fun and its a good way to learn about getting to know and talking to people
- It's a lot less formal or intimidating than you might be expecting
- It's fun!

Parents say:

I think she has come a long way. She's a different girl to the one a year ago. Thanks so much for your part in her development.

He doesn't say much about it but he has always been keen to go. It is one of only a few things that he leaves the house for. I know you have contributed positively to him this year.

A number of our friends have commented on the massive change in our daughter's confidence and conversational skills over the past 12 months. Your group has certainly been one of the main factors that has helped her to be prepared to take a risk and engage with others. The reinforcement that comes from success means that she is just blossoming socially and not only is she having a lot more fun, people are beginning to know what a lovely and interesting girl she is. Thankyou enormously!

For more information about Be Confident Belong contact Jane Maher on 0419102338 or via email jane@evolvingroles.com.au