

SOCIAL SKILLS GAMING GROUP

GOALS

To encourage the development of healthy social habits for adolescent participants.

DESCRIPTION

In this 8-session program, the LCC Social Skills Gaming Group led by Dr. Jesse Susa (Family Medicine) will meet weekly to address common challenges faced by teens who are adapting to an adult social environment. We use the format of Table Top Role Playing Games (TTRPGs) to simulate scenarios that require cooperative problem solving. We will utilize the game system Dungeons & Dragons (5th edition). No prior game experience is necessary.

TARGET GROUP

Adolescents ages 12-17 are invited to register. There is no prerequisite other than a willingness to play! We will address skills that may be particularly useful for individuals who experience social anxiety, attention or focus issues, level 1 autism spectrum disorder, or an academic learning challenge. We will role play fictional scenarios that encourage communication, perspective taking, empathy, artistic expression, and self-esteem. These challenges will encourage mindful use of patience and frustration tolerance.

HOW TO SIGN UP

Parents/guardians of participants can register their child for the program and obtain a signup form at the LCC front desk or at lundacommunitycenter.com.

A parent/guardian is required to attend the first 30 minutes of session 1, at which time we will review the outline of the course and obtain consent for the child to participate in the skills group.

8-WEEK PROGRAM

Every Saturday from 10am - 12pm
January 13 - March 2, 2024



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