

Pre-Teen Social Skills Group

Socialization is such an important part of a pre-teen's growth.

It helps pre-teens master crucial skills, including the development of conversation skills, compromise, problem solving and self-esteem. In addition, socialization offers opportunities for pre-teens to bond and form lasting connections. Due to the COVID-19 pandemic, some pre-teens may have lost daily interaction with their peers, therefore, reducing the chance to develop their skills and most importantly have fun with friends, old and new!

Inspire Wellness is offering a weekly social skills group for individuals ages 10-14. The group will allow pre-teens to interact with others their age to develop the social skills needed to build strong character and provide the tools to make healthy connections throughout their life.

Group will meet on Tuesdays from 6:15-7pm in our Tenafly office starting November 2nd.

** Virtual participation available too!*

Please call us at 201-564-7331 for details and fees.