



# SOCIAL GROUP PROGRAM



For students aged 12 - 15 years of age



DISCOVER YOUR SOCIAL GROUP!

SPEAK FREELY, SHARE  
PERSPECTIVES AND FORM  
EVERLASTING RELATIONSHIPS.

FIND YOUR TRIBE!



**Total Communication**  
*Changing Lives. Touching Futures*

**Contact us!**



**+65 9115 8895**

**10 Winstedt Road, Block  
A #02-01, SINGAPORE  
227977**

Curated for both adolescents and teenagers from middle schools (12-15 years of age), who are struggling to cope with everyday challenges

**PARTICIPANTS WILL BE ASSIGNED CASE STUDIES TO DISCUSS, SOME ROLE-PLAYING AND TRADING INFORMATION DURING EACH SESSION**

## The program will comprise of:



**3-month long Program**



**12 Different Topics**



**1 hour of Social Coaching & Peer-to-Peer Support**



**5-8 Attendees per Group**

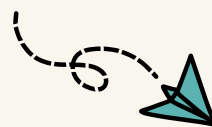


**Instructions and materials provided for delivery each session**

WEEK	SESSION TOPIC
1	ICE-BREAKER
2	SHARPENING COMMUNICATION SKILLS
3	MAKING A GOOD FIRST IMPRESSION
4	APPROPRIATE USE OF HUMOUR
5	USING COMMON SENSE
6	EXPRESSING YOURSELF APPROPRIATELY
7	SCREEN TIME
8	MAKING GOOD DECISIONS
9	HANDLING DISAGREEMENTS
10	HANDLING BULLYING/CYBERBULLYING
11	STANDING UP FOR YOURSELF
12	REFLECTION/TAKE AWAY



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**Registration Now**



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