

FOUNDATIONS *for* COMMUNICATIONS



VIRTUAL GROUP LEARNING OPPORTUNITY

What You'll Learn

- Participants will develop key life skills, including:
- Initiating, maintaining, and ending conversations
 - Differentiating friend, dating, and work relationships
 - Assessing and recognizing verbal and non-verbal communication
 - Using electronic communication and social media safely
 - Integrating soft and social skills
 - Maintaining a positive attitude
 - Recognizing controversial topics
 - Being flexible and reducing anxiety
 - Recognizing and using humor
 - Increasing self-awareness
 - Identifying and gaining self-advocacy skills

Format

Participants: Ages 14 years and older are working toward or have earned a high school diploma or GED.

Enrollment: Limited to first 15 registered participants; additional registrants will be waitlisted.

Dates: offered as groups fill. Go to Online Learning to get more information.

Additional Details

Evidence-based framework adapted from the UCLA PEERS® curriculum designed to teach social and relational skills to those with autism, Intellectual and Developmental Disabilities (IDD), or anyone who is seeking to strengthen communication abilities for work, personal, and community interactions.

Facilitated by experienced and credentialed clinicians and professionals:

Stacie Rulison, MS, M.Ed, BCBA, LBA
(989.640.3992)



Lisa Espinoza, M.Ed, Behavior Therapist
(517.819.0146)

For more information, contact us at contact@balancemi-skills.com or visit balancemi-skills.com. If you are interested in our upcoming virtual learning opportunity, please click the Google Form icon to the left. For updates and information on future opportunities, follow us on Facebook.

