

Tips, Chips, and Friendships

The High School Autism Social (HSAS) Group

This is an interpersonal group for high school adolescents who struggle with social skills and have difficulty developing friendships and relationships. This group is designed to help group members:

- Express thoughts and feelings within a supportive environment
- Build skills to make and keep friends
- Respond effectively to teasing and bullying
- Prepare for young adulthood

Target Skills will include:

Flexibility

Problem Solving

Emotion Regulation

Compromise

Perspective Taking

Coping with Bullying

Empathy

Making Conversation

Meeting Time:

Every Tuesday at 4 or 5 p.m.

For more information, email mwphgroups@mwph.org or call:

Dr. Sahar Moise
Licensed Psychologist
410-578-5085

or

Dr. Casey Dillon
Licensed Psychologist
410-578-5132



Mt. Washington
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