



The Adult Essential Skills Group aims to clarify the hows & whys of the social world. Together, we practice using skills to increase comfort in conversations and relationship-building.

Each session offers social skills lessons, group discussions, 1:1 conversation practice, and individual feedback.

Preston Ivey, MS, NCC, LPC
Wednesdays 12:00 to 1:15pm
10-12 Sessions
\$75/ Session

Goals:
Conversation maintenance skills
Practicing small talk
Increasing levels of friendships
Making positive impressions
Social thinking

Visit our website at www.spectratherapies.com
to complete an initial contact form.

6001 Summerside Drive, Suite 202,
Dallas TX 75252. (972) 985-1100