



Adult Social Skills and Feedback Group



Professional Communication + Connections Group

This group is tailored for independent adults who are either entering or are already part of the professional world, seeking to refine nuanced social skills through practice.

Each session offers group discussions on social concepts, 1:1 conversation practice, and opportunities for relationship-building with like-minded peers.

Goals: increase awareness about your blind spots, practice social thinking, receive feedback, and apply these skills across social, romantic, and work settings.

Have you...

Received feedback at work about your communication skills?

Struggled making or maintaining friendships or relationships?

Preston Ivey, MS, NCC, LPC
Tuesdays 6:00 to 7:15 pm
10-12 Sessions
\$75/ Session

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

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