

# Compass

Social Skills and Counseling LLC



## Skills Groups

Our Skills Groups focus on a combination of Social Skills, Executive Functioning Skills, Emotional Regulation Skills, and Coping Skills depending on the needs of the group members. We also offer individual skills sessions related to behavior therapy, executive functioning, special education, personal and IEP goals.

Counseling  
Behavior Therapy  
Executive Functioning  
Tutoring  
Special Education Reviews  
Skills work related to  
personal & IEP goals

## Skills:

- Communication & Listening
- Personal Space
- Sharing & Turn Taking
- Perspective Taking (thinking about others)
- Problem Solving, Compromise & Cooperation
- Making and Keeping Friends, Sportsmanship
- Being Flexible
- Emotional & Impulse Control
- Flexible Thinking
- Working Memory
- Self Monitoring
- Task Initiation, Planning, and Prioritizing
- Organization
- Identifying Feelings
- Coping Skills & Frustration Management
- Being Cognitively Flexible
- How to Form a Plan B
- Conflict Resolution & Compromise
- Managing Social and Emotional Triggers

## Contact Us!

Phone:  
774-847-9340

Email:  
[Info@SocialCompassCounseling.com](mailto:Info@SocialCompassCounseling.com)

Website:  
[www.SocialCompassCounseling.com](http://www.SocialCompassCounseling.com)



Located At:  
78 South Street Suite L1  
Wrentham, MA