



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

PROSper Group Protocol

DATE: February 1, 2016

TITLE: Creating Connections

COMPONENT: Community Rehab & Support (CRS)

SERVICE: Basic Living Skills (BLS)

POPULATION: Any member of PROSper

FREQUENCY: Once per week

DURATION: 50 minutes

Description: An interactive group to enhance interpersonal communication and social skills to foster friendships and peer relationships.

Mode of Work:

- A. **Purpose:** To learn how to build effective relationships and develop interpersonal skills. Among the areas of focus to be addressed: respecting differences, developing appropriate communication techniques, understanding and utilizing body language, fostering healthy long-term friendships/companionships, learning to identify the healthy and unhealthy qualities in relationships, assertiveness practice, learning to plan or find social activities in the community.
- B. **Group Framework:** Emphasis will be on group participation through role playing and experiential exercises. Guided socializations, mock event planning sessions, community activities and meet-ups will be explored. Discussions about the impact of social networking/modern technology on relationships will also be included. Some worksheets/readings may be used throughout.

Expected Outcome: Group members will develop a stronger sense of self in relationship to others and will have greater success developing healthy friendships and social relationships.