

Conversation Skills Group for Secondary School Youth

When and Where:

Tuesdays, 6 pm to 7:30 p.m.
March 30, April 6, 13 and 20th

The Youth Centre
360 Bayly St. W.
Ajax

Who: Youth who would benefit from joining this group tend to have the following characteristics:

- fear starting a conversation with peers they do not know
- think that they do not have anything interesting to say
- are worried about that response they will get from the person they try to speak to
- believe that their own shyness is an obstacle to making more friends

Why: Youth who have participated in this group in the past have said they joined the group because they wanted to:

- be less nervous and uncomfortable when talking to people
- speak up more often
- be a better listener
- contribute more to conversations
- make friends more easily

How:

- participants learn to identify thoughts and assumptions that are causing them to hesitate trying to start up a conversation
- they learn how to substitute counter-thoughts to reduce the impact of avoidant-type thinking
- Small talk strategies and youth relevant topics of interest are suggested
- opportunities best suited to begin conversations are identified
- active listening skills and how to redirect conversations are taught
- each week, participants are divided in pairs for part of the meeting, to practice new skills, with coaching assistance
- between group meetings, the youth are expected to try out new ideas and share their experience with the group

For more info or to register call: 905 428-1212