



Excelsior

Foundation for Family Wellness, Inc.

*Helping the underserved youth of today
become the leaders of Savannah's tomorrow.*

(843) 790-4673 • www.ExcelsiorFFW.org
306 Commercial Drive, Savannah GA 31406

2020 Schedule of Classes and Events

PARENTING SUPPORT GROUPS

We use a combination of behavior modification with cognitive behavioral techniques to help parents develop a solid understanding of parenting techniques to help children best succeed. Four options:

- Saturday, January 25th from 9:00 to 3:00
- Saturday, March 28th from 9:00-3:00
- Tuesdays in June (2nd, 9th, 16th, 23rd) from 5:45 to 7:00
- Saturday, October 3rd from 9:00 to 3:00

SCHOOL ADVOCACY

We offer IEP/504 coordination and advocacy for parents who are unfamiliar with the special education system and their rights.

Individualized consultation and group psychoeducational seminars available by request.

SOCIAL SKILLS GROUPS

Social skills groups help children and teens develop the necessary skills to feel more comfortable and effective in our social society. General age ranges are provided below, though final groups will be based on maturity and developmental level as well as age.

Four-week long *Teen Communication and Relationships* group, ages 13-17 (two options):

- June 8th, 15th, 22nd, and 29th from 11:00-12:30; coed
- July 7th, 14th, 21st, and 28th from 4:00 to 5:30; girls only

Six-week long *Daniel Tiger* group, ages 4-6 (three options):

- January 28th, February 4th, 11th, 18th, 25th, and March 3rd from 4:00 to 5:00
- April 14th, 21st, 28th, May 5th, 12th, and 19th from 4:00 to 5:00
- September 1st, 8th, 5th, 22nd, 29th, and October 6th from 4:00 to 5:00

Six-week long *You are a Social Detective* group, ages 7-9 (three options):

- January 28th, February 4th, 11th, 18th, 25th, and March 3rd from 5:30 to 6:30
- April 14th, 21st, 28th, May 5th, 12th, and 19th from 5:30 to 6:30
- September 1st, 8th, 5th, 22nd, 29th, and October 6th from 5:30 to 6:30