



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

2021 Schedule of Classes and Events

1-2-3 MAGIC 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. Six options (\$30 per family):

- *Online:* February 6th, April 10th, or May 15th from 9:00 to 3:00
- *In Person, if possible:* August 14th, September 11th, or October 9th 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. *(All groups are tentative, pending COVID restrictions. All of our group leaders have received the COVID vaccine.)*

Four-week long *Teen Communication and Relationships* group, ages 13-17 (\$30 per session):

- July 6th, 13th, 20th, and 27th from 4:00 to 5:30

Six-week long *Daniel Tiger* group, ages 4-6 (\$30 per session):

- June 7th, 9th, 11th, 14th, 16th, and 18th from 3:00 to 4:00

Six-week long *You are a Social Detective* group, ages 7-9 (\$30 per session):

- June 7th, 9th, 11th, 14th, 16th, and 18th from 4:30 to 5:30

ONLINE DUNGEONS & DRAGONS GROUP

Starting February 20th, we will be offering *beginners and intermediate-level D&D groups* for children ages 14-18 (\$10 per session). This group is meant to provide teens a place to make friends, not be a therapy group. Contact us for a phone screening! Deadline to enroll: February 12th.