

HOUSTON AREA SOCIAL SKILLS CLASSES

Multiple Locations

Social Motion Skills

www.socialmotionskills.org/

713-461-7200

Multiple locations: Bellaire, Clear Lake, Katy, Memorial Area, West Houston, & The Woodlands

- Pre-K Play Group (3-5 years)
 - o works on social foundations like taking turns, accepting no, waiting, sharing, and following simple directions. designed for those who need early intervention to be ready for group interaction when school starts
- Elementary (1st-4th grade)
 - o focuses primarily on important social basics and group interaction
- Tweens (5th-8th grade)
 - o plenty of reinforcement of elementary social skills and a focus on fitting in, making meaningful relationships, and taking responsibility
- Teens (8th-12th grade)
 - o continued emphasis on self esteem, responsibility and core character traits along with ongoing introductions to “what’s cool” and other age-relevant skills that prepare for independence.

Central Houston

DePelchin- Social Thinking Groups

www.depelchin.org/social-thinking-groups

4950 Memorial Drive

Houston, TX 77007

713-730-2335

- Ages 6-11
- a group therapy approach to teaching social thinking skills to children who have high-functioning autism and Asperger's Disorder
- Curriculum includes: Review of expected vs. unexpected behavior, being part of a group, self-monitoring behavior through video modeling, social behavior mapping, figuring out what people mean by what they say, figuring out the meaning of language

Dr. Lourdes M. Valdes- Social Skills Group

http://groups.psychologytoday.com/rms/prof_detail.php?profid=51108&gid=13938&sid=1379532805.0509_17093&city=Houston&county=Harris&state=TX&spec=5

1001 West Loop S.

Suite 215

Houston, TX 77027

713-338-9250

- Groups for kids ages 6-8 and 8-10
- Social skills group for children who need help making and keeping friends

Sugar Land

Rabon Communication Enhancement- Social Skills Groups

www.raboncommunicationenhancement.com/communication_enhancement_social.skills.htm

14031 Southwest Freeway

Suite 610

Sugar Land, TX 77478

(281) 265-2444

- Topics include: maintaining appropriate eye contact and body space, understanding social conventions, developing empathy for others, taking another's perspective in different situation, and more.

Northwest Houston

Houston ABA- Social Skills Group

<http://houstonaba.com>

1416 Campbell Road

Suite 101

Houston, TX 77055

832-445-0544

- Social skills are taught using the principles of ABA and errorless learning
- Objectives may include: responding to peers, initiating interactions with peers, cooperative play, turn-taking, allowing change in play, and more.
- Staff to child ratio may be 1:1, 1:2, or 1:3 based on each individual child's needs

The Center for Children and Families- Social Skills Groups/Group Therapy

<http://www.cy-hopecounseling.org/Groups.html>

17401 Village Green Drive

Houston, TX 77040

713-466-1360

- These groups emphasize development of empathy, perspective taking, and understanding one's own as well as others' emotions
- The Center has trained counselors and a licensed speech pathologist that offer social skills therapy to help children with social difficulties

Dr. Shaun Lester- "CSI: Certified Social Investigator" Groups

http://groups.psychologytoday.com/rms/prof_detail.php?profid=130805&sid=1379532805.0509_17093&city=Houston&county=Harris&state=TX&spec=5&gid=33680

Heritage Behavioral Health Consultants Inc.

1325 Campbell Road

Houston, TX 77055

713-234-1142

- The 10-week CSI group helps middle school children uncover clues for decoding the unwritten rules of social interaction.
- Ages 11-13

Shape of Behavior- Social Skills Classes

www.shapeofbehavior.com/services/social-skills.html

17810 Spring Creek Forest Drive

Spring, TX 77379

832.358.2655

- Ages 5-10
- Sugarland location only
- Pragmatic language, perspective taking, bullying & conflict resolution, handling rejection, friendship behaviors, emotion regulation, stress management, coordination, non-verbal communication, and more.

Tangible Differences

<http://tangibledifference.com/social-skills-younger.html>

7010 NW 100 Dr.

Suite A-104

Houston, TX 77092

713-462-6060

- “Social Skills Younger” (ages 4-7)
- “Social Skills Developmental” (ages 4-12)
 - o a class for those who have some communication but need more concrete, explicit instruction as well as structured free time. Functional communication is targeted as the children work on self-advocacy, emotional regulation and various other functional skills.
- “Social Skills Older” (ages 7-12)
 - o addresses difficulties with more complex problem-solving, emotional regulation, conversation skills, understanding social boundaries, and anger management.

West Houston

Dr. Ehrin Weiss- Social Stars Social Skills Group

http://groups.psychologytoday.com/rms/prof_detail.php?profid=109877&sid=1379532805.0509_17093&city=Houston&county=Harris&state=TX&spec=5&gid=42750

9525 Katy Freeway

Conference Room

Houston, TX 77024

713-636-5371

- Children will learn through instruction, role play, and guided activities
- Children will learn and practice new social skills to help them be more socially successful at home, in school, and in extracurricular activities
- For 8-10 year old boys and girls- 10 weekly sessions
- At times may have groups available for kids ages 6-10, depending on interest

Shape of Behavior- Social Skills Classes

www.shapeofbehavior.com/services/social-skills.html

11123 Katy Freeway

Houston, TX 77079

832.358.2655

- Ages 5-10
- Sugarland location only
- Pragmatic language, perspective taking, bullying & conflict resolution, handling rejection, friendship behaviors, emotion regulation, stress management, coordination, non-verbal communication, and more.

FOCUS Initiative

<http://www.asdfocus.com/socialgroups.html>

503 Park Grove

Katy, TX 77450

281.240.0663

- Pre-school Group (3-5 y/o)
- Elementary Students (5-12)
- Teens (13-19)- grouped according to skill level and specific need and focus largely on teen-related issues such as managing high school, dating, job/college preparation and independent living skills.
- Adults (19+)- works with young adults, on an individual or group basis, to help them learn independent living skills, job readiness, college study skills, personal relationship strategies, organizational and time management techniques.
- New classes begin each semester and meet 1 hour per week for 12 weeks. Home school groups may be arranged during school hours. Before students are placed in a class, an informal skills assessment is conducted, at no charge, to determine appropriate placement.

Steps to Progress, LLC

www.stepstoprogress.com

2055 S. Gessner, Suite 230

Houston, TX 77063

(713) 782-1330

- Bumblebees (2-3 y/o)-
- Cubs (4-5 y/o)- focuses on social engagement/interest, age-typical play skill development, joint attention, and social communication
- Super Kids (4-5 y/o)- focuses on social engagement/interest, age-typical play skill development, joint attention, social communication, and group learning
- Might Bears (4-6 y/o)- focuses on social interest & awareness, play skill development, joint attention, group activity/play skills, and observational learning
- Little Explorers (6-8 y/o)- focuses on social initiation & responsiveness, behavioral awareness, age-typical play, group learning, and classroom readiness

Friendswood

Behavior Plus, Inc.- Social Thinking Groups

<http://www.behaviorplus.com/>

902 South Friendswood Drive, Suite G
Friendswood, TX 77546
281-482-7587

- Provides group training, with the emphasis placed on understanding why the skill should be demonstrated in this particular situation, and why it would be inappropriate in another situation. Helps develop an understanding of the need to demonstrate expected, appropriate behavior; how to determine what is expected and appropriate; and how to execute those behaviors in as natural a manner as possible
- Groups are available for children, teens, young adults, and mature adults. Groups are formed based on age/grade, needs, and personalities. Additional groups are formed as soon as similar applicants are identified. Most groups meet for 45 minutes on a weekly basis.

The Woodlands

Social Skills Playhouse, LLC
<http://socialskillsplayhouse.com/>
307-A Sawdust Road
The Woodlands, TX 77380
713.838.5222

- Ages 5 and Up
- Experiential social engagement classes for students with social anxiety, mood disorders, Autism Spectrum Disorders, ADD/ADHD and general social deficits. The classes also include community outing to generalize skills learned in the group environment. Trial classes are offered to prospective students.

FOCUS Initiative
<http://www.asdfocus.com/socialgroups.html>
2408 Timberloch
Suite D1
The Woodlands, TX 77380
281.240.0663

- Pre-school Group (3-5 y/o)
- Elementary Students (5-12)
- Teens (13-19)- grouped according to skill level and specific need and focus largely on teen-related issues such as managing high school, dating, job/college preparation and independent living skills.
- Adults (19+)- works with young adults, on an individual or group basis, to help them learn independent living skills, job readiness, college study skills, personal relationship strategies, organizational and time management techniques.
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