Social Communication For Life Program

SERIES OF 4 x 6 week WORKSHOPS FOR YOUNG ADULTS (18 TO 35 YEARS)

Due to popular demand we are starting a second Social Communication for Life Program. This highly successful program will develop a toolkit of communication skills that will assist the young adult to make and keep friends, socialise, feel confident and even develop romantic relationships. Program will run start on Monday 11th of November from 6.15pm – 8.15pm at the Batesford Hub 94 Batesford Road, Chadstone VIC 3148. Cost: Members $300, Non-Members $420 – can be claimed under NDIS.

If you’re interested in attending, please register under events on the AV website. For further information contact Kathryn Ridgway on programs@aspergersvic.org.au.
One of the participants from our last program said *“I learned a lot of very useful skills that have already been helping me. I learned to understand myself better too.”*

**Module 1: Basic Communication Strategies**

* + - Understanding and managing social anxiety and sensory sensitivities
		- Identifying thinking styles and emotions in yourself and others
		- Conversation survival skills (one-on-one and in groups): Starting and maintaining conversations, entrance and exit strategies, reading verbal and non-verbal language

**Module 2: Advanced communication Strategies**

* Finding and keeping friends
* Handling disagreements
* Active Assertiveness (Identifying different types Bullying, Sexual Harassment)
* Humour
* Creating and managing get togethers
* Relationships and Dating

**Module 3: Entering the World of Work**

* Communication strategies needed to get a job
* Electronic communication: Phone calls, Cold Call, emails
* Interview readiness
* Post interview social and work skills
* Job success and Job failure

**Module 4: Advancing in the World of Work**

* Socialising in the workplace
* Negotiation Skills
* Handling disagreements at work
* Active Assertiveness at work

Social coaches will be provided to support participants in using the tools developed in the program and will provide a resource booklet.

Program will begin on Monday November 11th from 6.30 to 8.30pm.

Location:  **Batesford Hub 94 Batesford Road, Chadstone VIC 3148**

Cost: Aspergers Victoria Members $50 per session ($350 per module)
 Non AV Members $70 per session ($420 per module)

*Please call 0412113105 or email programs@aspergersvic.org.au to begin the enrolment process*