



S.P.A.R.K.

Social Practice and Relationship Knowledge

A safe, supportive space to build social and communication skills, learn to make and keep friends, set boundaries, express needs, and manage anxiety in social situations.



How Does SPARK Work?

SPARK is a skills group based on the PEERS (Program for the Education and Enrichment of Relational Skills) curriculum. We provide education and activities in session to help members master communication skills such as starting and maintaining conversations, making new friends, and deepening relationships with others, and coping with interpersonal stressors. We combine this with teaching DBT (Dialectical Behavior Therapy) skills to help clients manage emotions that may arise during social situations. Between groups, clients are highly recommended to practice skills learned in group and are rewarded for doing so.

Member Qualifications

- Young adults ages 18-30
- Ideal for clients who have challenges with socialization and communication
- Motivated to practice skills that will help them form maintain, and deepen relationships



Scheduling

- Next 12 week cycle begins in November
Please select one time slot:
 - Wednesdays 9AM-10:30AM beginning November 19th
 - Tuesdays 3PM-4:30PM beginning November 25th
- Reach out to Easterseals to schedule an intake appointment
 - Call 860-270-0600 Ext.100
 - Or email clinicalservices@escrec.org



www.easterseals.com/hartford



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