



# The Next Step: Transitioning from School to Work

This group is designed for seniors in high school and older as they either prepare to enter into the workplace or are currently employed. The purpose of this group is to learn how to manage expectations, cultivate social communication, recognize individual strengths and strategies to cope with challenges and changes.

We will meet at Panera in Rocky River on Center Ridge on Tuesdays from 7 p.m. to 8 p.m.

- July 2nd
- July 16th
- July 30th
- August 6th

The group will be facilitated by Julie Ruddy. Julie has been an Intervention Specialist with over 25 years of experience and a special focus in social skill instruction.



## Topics may include

- Communication (Body language, conversations, starters and stoppers)
- Problem Solving (what to do when things don't go as planned)
- Social Media (The do's and don'ts)
- Expected/unexpected behaviors in a professional setting
- Fitting in (Accepting and embracing differences)
- Empathy (Accepting and embracing differences continued)
- Leadership Skills (Ways to be a leader in class and in the community)
- Personal hygiene expectations

The cost of the group is \$40 per meeting.

Participation in each session must be confirmed by the Wednesday prior to the session.

You may pay for the entire 4 weeks at a reduced rate of \$35 per meeting (total of \$140).

Please Contact Kelly Rigo to sign up (440)-471-7190

One on one sessions at your place of employment or out in the community can be arranged. The charge will be our regular rate of \$30/15 minutes or \$120/hour. Please contact us for more information.

Program is private pay only. Payment is due in full by the date of the first class for all programs. There will be no refunds for missed sessions. We reserve the right to cancel the class entirely should registration not meet minimum requirements.

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