

# WeConnect

A SOCIAL THINKING GROUP PROGRAM

## NAVIGATE YOUR SOCIAL WORLD WITH CONFIDENCE

WeConnect is a group training program that aims to hone social thinking skills and increase social competencies in older teens and young adults. This program incorporates Social Thinking concepts from Michelle Garcia Winner's Social Thinking Framework.



### WHAT TO EXPECT?

WeConnect aims to teach young individuals essential skills and strategies in **self-regulation, perspective-taking, communication, relationship-building, and online socialization** so they can confidently navigate their increasingly complex social world.

### WHO CAN ENROLL IN THE PROGRAM?

This training program is for individuals 17 to 24 years old who are transitioning into senior high school, college, or the workplace and find it difficult to develop social connection with others and keep up with the social demands of being in an unstructured environment.



FOR INQUIRIES:

[www.wethrivewellbeing.com](http://www.wethrivewellbeing.com)

E-mail: [clinic.wethrive@gmail.com](mailto:clinic.wethrive@gmail.com)

Phone: +63945 8022 994

