

+ Michael Uram, MA, LMFT

Social Skills Groups

It is a fun, relaxed group, focusing on building skills and the motivation to push you outside of your comfort zone to enjoy the benefits of improved social interaction.

The topics are chosen by the participants, and are facilitated by handouts and role-plays. This group runs for 6 weeks on Saturdays at 5PM.

Group Sizes are limited to 3-6 participants.

Snacks provided (most are gluten-free).

Each group is designed for those Diagnosed with Autism Spectrum Disorders and ADHD.

I am a licensed Marriage and Family Therapist MFC#45428

Upcoming Groups

Adult Group

Starts July 23rd 4PM-5PM

San Juan Capistrano

For 3 weeks on nonverbal communication

New Group Starting July 23rd

This is a group just for teens that want to improve how they interact with others improving friendships and having better communication with their family.

The topics are decided by the participants and their parents. They usually include: **Making the conversation interesting for all, Being rude when you don't mean to be, Worrying what others may think, and Figuring out what others are really thinking.**

949-489-3233

**32122 Camino Capistrano,
Suite 200**

San Juan Capistrano, CA 92675

Or call 949-777-6694

The group is from 5- 5:50 PM.

MPCCare.com

**Saturdays, 7/23, 7/30, 8/6,
8/13, 8/20 and 8/27**

Note: The San Juan Capistrano Groups are contracted through the Mission Psychological Consultants/ Attention Learning Center.