

# + 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 Asperger's, Autism and ADHD.

I am a licensed Marriage and Family Therapist MFC#45428

## **Upcoming Groups**

**Adult Group**  
**Starts September 10<sup>th</sup>**  
**At 4PM**  
**San Juan Capistrano**  
**For 3 weeks**  
**Or call 949-777-6694**  
**[michaeluram.com](http://michaeluram.com)**

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

## **Adolescent Social Skills Group Starts September 10th**

The group covers:

**Building Confidence in Social Situations**

**Developing Friendships at School and Home.**

**Improving Conversational Skills**

# **949-489-3233**

**[MPCcares.com](http://MPCcares.com)**

**32122 Camino Capistrano,  
Suite 200**

**San Juan Capistrano, CA 92675**

**Saturday, Sept. 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>,**

**Oct 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup>**

**At 5:00 PM, Six 50 minute  
groups For only \$495.**