

# Social Skills Resources

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## **About Kids Occupational Therapy**

**410-653-3161**

**11 Keller Road, Suite B**

**Pikesville, MD 21208**

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

[contact@aboutkidsot.com](mailto:contact@aboutkidsot.com)

Offers social skills, sensory integration, handwriting, fine motor, yoga for kids, oral-motor, school readiness and sensory motor.

## **Advocates for Success**

**410-627-0428**

[janetpalmer94@gmail.com](mailto:janetpalmer94@gmail.com)

Offers social skills groups for children, teens and young adults. There is a maximum of ten people per group and groups will be held on Saturdays in Towson, Md. Interview required prior to group participation.

## **Best Buddies Maryland**

**410-327-9812**

**101 North Haven Street, Suite 205**

**Baltimore, MD 21224**

[www.bestbuddies.org/maryland](http://www.bestbuddies.org/maryland)

Creates opportunities for one-to-one friendships, integrated employment and leadership development for people with intellectual and developmental disabilities.

## **Frankly Communicating**

**410-871-2990**

**12442 Owings Mills Boulevard**

**Reisterstown, MD 21136**

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

Provides competent, efficient services with a personalized touch designed to meet the needs of the child or adult and their family.

## **Child and Family Therapy Clinic**

**Kennedy Krieger Institute**

**Department of Behavioral Psychology**

**443-923-7508**

**Locations in Baltimore and Columbia**

<https://www.kennedykrieger.org/patient-care/centers-and-programs/child-and-family-therapy-clinic>

Offers group therapy for school aged children (grades K through 12). Our groups aim to improve children's social skills, peer/friend relationships, self-control strategies, ability to handle peer conflict and bullying, and management of emotions. These groups also include a parent support component which meets at the same time as the children's group. Groups typically meet once a week for 8-week sessions periodically throughout the year.

## **International School of Protocol**

**410-832-7555**

**100 West Road, Suite 300**

**Towson, MD 21204**

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

The International School of Protocol's training for adults and children with special needs focuses upon developing skills to encourage and reinforce appropriate social etiquette and communication skills. These programs involve hands-on participation through a variety of role-playing activities. The programs help the participants acquire confidence and build their self-esteem by teaching them how to recognize and apply appropriate social and communication skills, while making them aware of how their behavior affects others in social, academic and work-related environments.

**Jewish Community Center of  
Greater Baltimore**  
**410-559-3506**  
**3506 Gwynnbrook Avenue**  
**Owings Mills, MD 21117**

[www.jcc.org](http://www.jcc.org)

Provides appropriate social and recreational programs for children, teens and adults with disabilities. Our programs give participants the opportunity to interact with their peers, enhance self-esteem and improve social skills.

**Kennedy Krieger Institute**  
**Department of Social Work Group Therapy**  
**Program**

**443-923-2800/ 443-923-9400**

**716 North Broadway**  
**Baltimore, MD 21205**

<https://www.kennedykrieger.org/departments-medical-specialties/social-work-department>

Skills-based training for children, adolescents, adults and/or their parents in how to cultivate positive peer and social relationships, communication and conflict resolution, and appropriate behavior in important and common school, work and community activities.

**Learning and Therapy Corner**  
**410-583-5765**  
**1818 Pot Spring Road, Suite 100**  
**Lutherville, MD 21093**

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

The therapist will work with the child to develop his or her skills, practice his or her skills, and then appropriately use and generalize those skills across settings. Skills training may include but is not limited to initiating and maintaining social conversations, topic maintenance, making and keeping friends, negotiating conflict, expressing feelings, controlling anger or

excitement, dealing with worry, reading emotional or social cues from others, planning, prioritizing, organizing, and self-monitoring. The therapist will provide the family with suggestions to practice the skills at home between session.

**Lighthouse Inc.**  
**Youth and Family Services Center**  
**410-788-5483**

**60 Mellor Avenue, Catonsville, MD 21228**

[www.lighthousemd.org](http://www.lighthousemd.org)

Offers "Sociabilities" social skills groups for children and their parents.

**Northern County Psychiatric Associates**  
**410-329-2028**

2360 W. Joppa Road, suite 223  
Lutherville, MD 21093

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

Provides social skills consultation for individuals and families. A private group, which provides comprehensive mental health services in northern Maryland (Baltimore, Harford and Carroll counties). Experienced in treating a variety of problems across the life cycle.

**Rebounders Gymnastics**  
**Timonium Center**  
**410-252-3374 x112**  
**7A West Aylesbury Road**  
**Timonium, MD 21093**

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

Provides gross and fine motor skill activities in a small group setting emphasizing problem solving, social communication, social play and peer interaction. "I Can Do It Too" is a special needs program for children of all ages. It is a sensory, motor, and gymnastics program in a small group setting. The group emphasizes social play and group interaction.

**Minor Expressions, Big Moments**

**(443) 600-5056**

**[meminorexpressions@gmail.com](mailto:meminorexpressions@gmail.com)**

Social skills activity programs for children, adolescents, and adults with Autism, Down Syndrome and other special needs.

**Baltimore Speech Therapy**

**443-834-2660**

**200 E. Joppa Rd., Suite 403**

**Towson, MD 21286**

**[www.baltimorespeechtherapy.org](http://www.baltimorespeechtherapy.org)**

**Augmenting Ability**

**443-619-7103**

**[www.augmentingability.com](http://www.augmentingability.com)**

**Office locations in: Bel Air, Lutherville, Pikesville and Westminster.**

Social skills groups are designed to meet recreational, social, behavioral, cognitive, physical, and emotional needs of individuals ranging in age from 3 to 12 years. Children are grouped according to age and functioning level. Groups meet weekly to address areas of need including, but not limited to: not dominating conversation, recalling/retaining information provided by a peer, relatedness to others, appropriately expressing feelings/recognizing emotions in others, following directions, attending behaviors/readiness skills, and more! Sessions will be led by a board-certified music therapist and will incorporate games and playing instruments into each session.

**\*\*Also offering social skills groups for teens and adults\*\***