

What is PTI's Social College?

Social College is a series of discussions and activities focusing on participant-identified social topics. An emphasis is placed on why social norms are important and how to apply those skills in a variety of settings. Each session will include interactive discussion and opportunities to apply content within a group, receiving immediate feedback.

Social College incorporates evidence-based curriculum developed by experts in the field and adapted by PTI staff and consultants to specifically address the needs of the participants.

A variety of topics will be offered throughout the year and may include technology, dating/sexuality issues, nurturing friendships, advocacy, anger management, teambuilding, self-awareness, event planning, work/life balance, verbal and nonverbal communication, empathy, decision making, etc.

- Participants are encouraged to attend at least one series per year
- Outcomes are identified and tracked for each course.


**** Participants registering for Social College courses should plan to attend all four classes for which they are enrolled**

PROGRAM FEES

Social College fees for the 2014-2015 fiscal year will be defined as follows:

- No fee will be charged for all participants funded by DD Resources and DDRB
- Each Social College class uses 1/2 of an "event" for residents of St. Louis County and private pay participants already in a regular billing cycle.
- \$60 per 4-class course for all other participants including "Pay as you Participate" clients.

**Scholarships are available. For more information on how to apply for these scholarships, please contact Craig Strohbeck at craig@ptistl.org or 314-863-0202. x2

 Pathways to Independence
200 S. Hanley Road, Suite 103
St. Louis, MO 63105

Pathways to Independence

SOCIAL COLLEGE

Social Discussions on
Relevant Topics and Situations you
Experience Everyday

COURSE TOPICS AND DATES

Nurturing Friendships: Feb. 23, March 9, 23 and
April 6 at the PTI office
March 2, 16, 30 and April 13 at DDRB in St. Charles

**Managing and Communicating Feelings and
Emotions:** March 14, 28, April 11, 25

Networking: May 16, 30, June 13 and 27

Social Problem Solving: April 28, May 12, 26, June 9



Pathways to Independence

200 S. Hanley Rd., Suite 103, Clayton, MO 63105

Phone: 314-863-0202

www.ptistl.org

PTI is pleased to partner with:

Gina Cato, M.A., CCC-SLP, Speech-Language
Pathologist with



And

Miranda Ming, M.Ed. & Educational Specialist

February - June 2015

Nurturing Friendships

Pathways to Independence Office
200 S. Hanley, Suite 103
Clayton, MO 63105

Mondays: Feb. 23, March 9, 23, April 6, 7:00-8:30 p.m.

OR

DDRB

1025 Country Club Rd.
St. Charles, MO 63303

Mondays: March 2, 16, 30, April 13, 7:00-8:30 p.m.

Instructor: Miranda Ming, M.Ed. & Educational Specialist (for both locations)

Course Description: The class will build on previous topics, and cover appropriate ways to talk to others, how to take friendships or relationships to the next level, different ways to communicate within relationships and how to plan activities.

Networking

Salem United Methodist Church
1200 South Lindbergh Road
Ladue, MO 63131

Saturday Mornings : May 16, 30, June 13, 27

Time: 10:00—11:30 a.m.

Instructor: Miranda Ming, M.Ed. & Educational Specialist

Course Description: How do you build your social network of friends or professional contacts? This course will cover incorporating the use of Social Media as a personal and professional tool, interviewing, public speaking, professionalism and will also include an actual networking opportunity or event.



Managing and Communicating Feelings

Center for Hearing and Speech
9835 Manchester Rd.
St. Louis, MO 63119

Saturday Mornings : March 14, 28, April 11, 25
Time: 10:00—11:30 a.m.

Instructor: Gina Cato, M.A., CCC-SLP, Speech-Language Pathologist with Center for Hearing and Speech

Course Description: Our positive and negative emotions impact social situations. Come practice your communication skills in this class. When we understand our own emotions using words, we are better able to tell others how we feel. We will first learn to identify how we feel about a social situations and practice ways to effectively communicate our feelings with others in a productive way.

Social Problem Solving

Center for Hearing and Speech
9835 Manchester Rd.
St. Louis, MO 63119

Tuesday Evenings : April 28, May 12, 26, June 9
Time: 7:00 — 8:30 p.m.

Instructor: Gina Cato, M.A., CCC-SLP, Speech-Language Pathologist with Center for Hearing and Speech

Course Description: Each day, we are faced with making decisions during social situations at home, work, and the community. In this class, participants will learn step-by-step communication strategies to solve problems in their daily social lives. Steps will include: describe problems, describe why situations are problems, identify the size of problems, find out others' opinions, consider more than one solution to a problem and choose an adequate solution.

I would like to attend **Nurturing Friendships:**

◇ **PTI office**

◇ **DDRB in St. Charles**

I would like to attend **Managing and Communicating Feelings**

I would like to attend **Networking**

I would like to attend **Social Problem Solving**

Name: _____

Address: _____

Phone Number: _____

Email Address: _____

Payment Method (please see "Program Fees" section to determine cost):

Cash

Check

*Please make checks payable to Pathways to Independence

I understand that in signing this agreement, I am committing to attempt to attend ALL four classes of the Social College course(s) I have chosen. In the event of my absence, I understand that no money will be refunded to me and take full responsibility for these charges.

Participant Name:

Participant Signature:

Please detach and return to:

Pathways to Independence
200 S. Hanley Rd., Suite 103,
Clayton, MO 63105
Phone: 314-863-0202
Fax: 314-863-7865
www.ptislt.org