

Developing and Strengthening Friendship Class

For Ages 24–35: Thursdays, 4:15pm – 5:00pm

For Ages 16–23: Thursdays, 5:30pm – 6:15pm

\$80 per class

Various locations in downtown Manhattan

Accepting new participants

This class will work on developing and strengthening friendships while dining at Manhattan restaurants and cafes. Class Curriculum:

- Comfortably engaging fellow diners
 - Starting conversations, engaging in conversations, sharing appropriate personal information, developing individual relationships within a group setting
 - Celebrating significant events and milestones with others (e.g., birthdays, graduations, anniversaries).
 - Providing subtle yet flattering attention to a single person, making toasts.
 - Communicating with restaurant staff discreetly to arrange for a cake, singing happy birthday
 - Making future social plans: Offering suggestions, advocating for choices, compromising, and accepting others' ideas
- Menu flexibility
 - Identifying two to three preferred meals common to most restaurants to ensure that reviewing the menu and deciding on an order is not preoccupying
- Advocacy
 - Communicating with restaurant staff to clarify information about the menu, place orders, address any errors in orders, and ask for the bill
- Money management
 - Staying within one's budget
 - Splitting a bill
 - Paying tip
 - Breaking a \$20 bill into smaller bills

About the Instructor: Josh Noble, LCSW

Mr. Noble is a licensed clinical social worker who has extensive experience working with children and young adults in school-based settings and private practice. These classes are not affiliated with Rebecca School, where Mr. Noble is employed.

For more information or to register: connectedgrowth@drtobingpuente.com

www.connectedgrowthnyc.com