



NROCRC

Community Resource Centre
Nepean • Rideau • Osgoode

take care
of your mind

THE SOCIAL SPOT

A **FREE** neuro-affirming social skills group for teens in **Grades 9 to 12** to learn and practice skills in navigating social situations with confidence!

Wednesdays **4:45 PM to 6:30 PM** –
Nov. 5, 12, 19, 26, Dec. 3 and 10, 2025 at NROCRC, 1547
Merivale Road, 2nd floor, Suite 200. **Snacks included!**

**LITTLE STEPS
MATTER**

To Register:

- Complete a brief intake
- Be able to attend **5 of the 6** sessions

Meet new people, learn ways to recognize emotions and social cues, and gain coping and communication strategies to navigate social situations with more confidence and ease!



For questions or to **register** please scan the QR code or contact Madeline at:
mquickert@nrocrc.org 613.596.5626 ext. 255