



TRIUMPH CENTER

for child, adolescent, and young adult counseling

Social Skills Group Program

The Triumph Center's group programs help participants build confidence, independence, and strong social-emotional skills in a safe and supportive environment.

- Groups for ages 6–29
- Weekly, 50-minute sessions
- Small, co-led groups tailored to age & developmental needs
- Locations in Reading & Lexington, MA

Enhancing social, emotional, and behavioral skills for children, teens, and young adults.

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What Are Social Skills Groups?

Our social skills groups help children, adolescents, and young adults strengthen social awareness, emotional regulation, and peer interactions.

We “slow down” the social scene to teach key skills like:

- Turn-taking & flexible thinking
- Sharing & good sportsmanship
- Conflict resolution & confidence
- Forming & sustaining friendships

Who Can Benefit?

Our groups are uniquely designed to support a broad range of participants, including individuals with:

- ADHD
- Anxiety Disorders
- Autism Spectrum Disorder
- Social Pragmatic Communication Disorder
- Executive Functioning Challenges
- Non-verbal Learning Disorder

Program Details

Participants engage in guided, structured activities with caring counselors who model, coach, and support their development.

Every group is customized based on age, abilities, interests, and behavioral styles. We meet participants where they are—and help them grow.



Groups meet **once a week** (Sept–June)



Locations in Reading & Lexington, MA



Groups are available for ages between 6–29

Open for Enrollment

Registration is open year-round—apply anytime. Placement is based on availability.

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About Us

The Triumph Center has over 30 years of experience supporting children and families with evidence-based, strengths-focused programming.

Clinical Directors

Our group programs are supervised by our experienced clinical team. Staff members include licensed psychologists, licensed social workers, licensed mental health counselors, and licensed behavior analysts. All group program staff are professionally trained in clinical and counseling psychology.

Our licensed clinicians and trained counselors work closely with families to help young people thrive—emotionally, socially, and developmentally.

Open for Enrollment

Registration is open year-round—apply anytime. Placement is based on availability.

How to Apply

Applications are now being accepted for potential openings across all age groups!

All new group members must complete an intake interview prior to placement.



Register Now

Scan the QR code to download the application or to learn more.

To learn more, please contact us or visit our website, www.triumphcenter.net.



Contact Us
(781) 942-9277



Our Location
36 Woburn St., Reading, MA 01867



For More Information
www.triumphcenter.net