

BOOST

Building Opportunities for Outstanding Social Teens

Designed for teens who:

- Have social-communication needs
- Want help making or keeping friends
- Benefit from clear guidance and positive practice
- Enjoy small-group settings
- Need a safe place to learn and try new skills without pressure

No diagnosis is required—just a desire to participate.

While each cycle may vary, topics commonly include:

- Reading body language
- Joining conversations
- Making & keeping friends
- Showing empathy
- Problem solving
- Handling misunderstandings



PROGRAM DETAILS

- ◆ Length: 6 weekly sessions
- ◆ Time: 5:15 pm – 6:30 pm
- ◆ Ages: 11–14
- ◆ Location: Refocus Behavior
- ◆ Price: \$125
✨ ask us about insurance coverage!

Led by a clinical team of BCBAs, QASP-S, & RBTs. Our team creates a warm, safe, and engaging environment where every teen can feel comfortable and supported.

We focus on connection, confidence, and communication—all taught through positive, teen-friendly activities.