

LI Strive at Dance Centre of the  
Hamptons presents:

# CONNECTED & CONFIDENT COMMUNITY CLASS



Program Title: Connected & Confident

Location: LI Strive 460 County Rd 111, Manorville, NY

Dates/ day / Time: 5/1/26-8/31/26

Mondays, 4:15-5:00 PM

Offered to: Everyone ages 18+

Description:

A curriculum-based community class focused on executive functioning, creating friendships, navigating social situations (including social media), learning compensatory skills and building social confidence. Each session includes instruction, discussion, activities, and real-world practice. Led by a licensed social worker.

Instructor: Lori Phelan, LMSW

Pricing:

- \$75/class

Skills & Outcomes:

- Executive functioning focus
- Communication and self-advocacy
- Social media safety
- Emotional regulation and problem-solving

**FOR MORE INFORMATION AND TO REGISTER  
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