

## **BOYS & GIRLS CLUB OF LAGUNA BEACH** **SPRING SOCIAL SKILLS PROGRAM**



Do you want your child to have an EDGE socially going into the next school year? How about wanting to help your child or teen MAKE and KEEP FRIENDS? Do you have a child who is shy or doesn't quite understand social cues?

Led by Certified PEERS Facilitator and Boys & Girls Club of Laguna Beach Director of Social Emotional Development, Jennifer MacDonell, M.A.

Psychology, the Club presents Program for the Education and Enrichment of Relational Skills (PEERS) to help children navigate and improve social skills and awareness.

**PEERS PROGRAM: Wednesdays, April 10<sup>th</sup> – May 8<sup>th</sup> (8 weeks)**

**LOCATION: Canyon Branch, 1085 Laguna Canyon Road**

**DESIGNED FOR: Child and Parent/Caregiver**

**AGES: 2<sup>nd</sup> - 6<sup>th</sup> Grade**

**FEE: \$100 for 8 weeks; financial aid available**

**PEERS** is an 8-week evidence-based, social skills intervention for motivated pre-middle and middle school youth who are interested in learning ways to help them make and keep friends. During each group session, youth are taught important social skills and are given the opportunity to practice these skills in sessions during socialization activities (e.g. playing sports, board games, etc.).

**BONUS BENEFIT!** Children/Teens enrolled obtain a short-term Membership to the Boys & Girls Club of Laguna Beach Canyon Branch during the 8-week duration of the program and can attend any time during Club operating hours.

### **REGISTRATION PROCESS**

1. First, call the Boys & Girls Club at (949) 715-7786 or email Jennifer MacDonell at [jenniferm@bgclaguna.org](mailto:jenniferm@bgclaguna.org) to express your interest in PEERS for your child.
2. Partake in a 15-minute intake call with Jennifer MacDonell to determine if our program is appropriate for you and your child/teen.
3. Receive a phone call within 48 hours and email verifying acceptance into program.
4. Paperwork for program enrollment sent out via email or pick up at 1085 Laguna Canyon Rd Laguna Beach, CA 92651. *Note: all paperwork must be completed prior to start the program.*
5. Enrollment and payment (in full) deadline: two days prior to start of program on April 8, 2019 at 6pm.

### **GROUP TIMES**

3:00pm – 3:50 pm 2nd & 3rd grade

4:00pm – 4:50pm 4th, 5th & 6th grade

5:00pm – 5:45pm Parent/Guardian Group for all parents (1 parent/guardian per child)

5:45pm – 6:00pm Reunification with ALL parents and children (Group Game)

*Note:* participants may be placed in a group based on developmental abilities and group dynamics regardless of grade in school. Group instruction is provided in English.

## **PEERS PROGRAM PARTICIPATION & GUIDELINES**

- Limited to one child/teen and one parent/guardian per group for the 8 weeks.  
*Note:* if an additional parent would like to sit in a group, they can fill in for the parent enrolled for one or two sessions maximum.
- Only one parent/guardian is allowed to attend per session, as it is not a couples/co-parenting group and the group leader is focused on the material for social skills to support the youth.
- Regular attendance is required! A parent/guardian is required to attend all sessions. If parent/youth misses more than one session, both are un-enrolled for the rest of the program series and there will be a no-refund dismissal from the program.
- Classes are on Wednesdays between 3:00pm – 6:00pm depending on grade noted above.

*Note:* Pre and post-tests will be given to youth and parents for outcome measures to ensure the quality of the program. Also, group placement is determined at intake appointment and based on group dynamics.

## **PEERS PROGRAM GOALS**

- \*How to make and keep friends!
- \*Entering conversations: How to start, enter and exit conversations between peers.
- \*Trading information: How to use appropriate conversational skills
- \*How to handle rejection, teasing, rumors/gossip, and cyber conversations.

## **RECOMMENDED PARENT/CAREGIVER BOOK**

The following book is highly recommended to purchase, but not required for participation: *The Science of Making Friends: Helping Socially Challenged Teens and Young Adults*, (w/DVD)

Elizabeth Laugeson, John Elder Robison (Foreword by)

ISBN: 978-1-118-12721-6 September 2013 Jossey-Bass 384 Pages

Link to book: [https://www.wiley.com/en-](https://www.wiley.com/en-us/The+Science+of+Making+Friends%3A+Helping+Socially+Challenged+Teens+and+Young+Adults%2C+%28w+DVD%29-p-9781118127216)

[us/The+Science+of+Making+Friends%3A+Helping+Socially+Challenged+Teens+and+Young+Adults%2C+%28w+DVD%29-p-9781118127216](https://www.wiley.com/en-us/The+Science+of+Making+Friends%3A+Helping+Socially+Challenged+Teens+and+Young+Adults%2C+%28w+DVD%29-p-9781118127216)

## **ENROLLMENT IS LIMITED**

For more information, contact Jennifer MacDonell at (949) 715-7786 or email [jenniferm@bgclaguna.org](mailto:jenniferm@bgclaguna.org) as soon as possible.