



Lucy Daniels Center

Helping children live emotionally healthy lives

Now enrolling!

First Friends



a program for children who may benefit from support in their social skills development

First Friends is a social skills development program for children ages 3 – 5 ½ who are encountering some social challenges because they are:

- shy or nervous about making friends;
- inflexible in social interactions;
- having difficulty sharing, playing cooperatively, or communicating effectively with their peers;
- or having difficulty respecting the space or bodies of other children.

Children meet twice a week (Tuesdays and Thursdays from 2 – 3:30 p.m.) during the eight-week session for classes led by staff members experienced in the Center's renowned methods for helping children grow in social abilities and confidence. Children will engage in a variety of activities, including cooperative play and creative group activities. Parents also receive support and feedback in regular consultation with staff. Parents may enroll their children in subsequent sessions.

Sample Daily Schedule*

2:00 - 2:45: Arrival and "child's choice" activity

2:50: Clean-up and transition to group time

3:00: Activity-based group time, which will include story time, circle time, and outdoor play.

On occasions, there will be a teacher-led activity such as an art project or building project.

3:25: Closing time

3:30: Dismissal

**The schedule may change dependent upon individual and group needs. Sessions are arranged by age where appropriate.*

Sessions are eight weeks long and are conducted throughout the year. More information is available on our website, www.lucydanielscenter.org, or by calling 919.677.1400.

Lucy Daniels Center

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Why **First Friends**?

"First Friends was created specifically for the child who is having difficulty with separation, feeling anxious about making friends, or struggling with the compromise that naturally comes with engaging in peer relationships. As a mental health clinician working in a classroom environment, I am able to continually interpret these social challenges, thus helping each child begin to identify why certain situations are uncomfortable for him or her. The goal of First Friends is not only to develop more socially appropriate skills for each child, but also to provide parents with a deeper insight into their child's needs."

—Emily Layton, P-L.C.S.W., First Friends Facilitator



"Becoming a successful schoolchild is dependent in part upon a child's capacity to join and be a member of a group. Children learn a great deal about how to do this through play. The environment we provide is one in which children participate in a range of social experiences, from play to learning activities, with an emphasis on the social and emotional strength and skills necessary for being a student in a classroom."

—Jennifer Reid, LDC Teacher and Associate Director of Education

