

Friendship Club

Give your children the skills they need to socialize with others.



When children have problems making friends or socializing with others, sometimes they don't have the understanding or training to know how to make social interactions.

Friendship Club gives your child an environment to learn these skills through play and then opportunities to practice them with other children.

Friendship Club is conducted in weekly, 1-hour sessions on Wednesday evenings from 6-7pm. The atmosphere is friendly, accepting and the training interactive, making it enjoyable and interesting.

Research studies have shown that Friendship Clubs (similar to Circle of Friends) can:

- Reduce or eliminate behavior problems
- Enhance the child-child relationships made during the school year
- Develop responsibility and self-control in children
- Increase children's self-esteem and self-confidence

Some of the things your child will learn include:

- How to help your child open up to others
- Recognizing emotions of others while building their own self-esteem
- Fostering creativity, self-control, and self-responsibility

Contact: Tina Gunn at Family Strategies at 402-681-5181 or Gunn2@cox.net for details on how to enroll.

CLASSES begin December 7th and have limited enrollment. Call today to reserve your spot.

***Mission:** Provide support in a safe environment for children to achieve the skills that allow them to interact in the world that surrounds them.*





Pleased to announce the creation of Friendship Club

Children age 9-13 - for social skill training/recognition in Friendship Club

HELP YOUR CHILD SUCCEED SOCIALLY IN SCHOOL—AND IN LIFE! A strong foundation of social skills for your child's future success is an important part of childhood which ultimately affects the type of adults they become. However, children dealing with other health issues often lack the skills needed to be successful in making social interactions, which can lead to few friends.

Family Strategies is offering Friendship Club this fall for those needing assistance in holding conversations with others, appropriate discussion topics to encourage relationships with others and ultimately interacting with others both now and in the future. Children will learn skills and techniques proven for helping them communicate effectively. This play-based approach not only helps children learn to manage their behavior with others successfully, it also provides parents with the keys to enhancing and strengthening the skills learned.

Ever heard of "Soft Skills"? Soft skills are simply the interpersonal and awareness skills that allow people to be successful in social situations. This includes the ability to look somebody in the eye and be attentive during a conversation; to take responsibility for getting someplace on time; to realize that you don't wear a t-shirt with a cartoon character to a job interview or important event. As pre-teens transition, it is these types of soft skills that are just as important as technical skills when being considered for a job position or creating friendships. Just think about the basic behavior and communication expectations that one needs to know at each grade level. The basics are what are suppose to be learned while we are young so we can them practice them and use them as we get older. Families of youth with disabilities can use the Individualized Education Program (IEP) to target soft skill building.

To learn more about how this program can help your children, please call Tina Gunn at Family Strategies at 402-681-5181 or Gunn2@cox.net for details on how to enroll.

CLASSES BEGIN December 7th and have limited enrollment. Call today to reserve your spot.

Certain health insurances will cover the costs; for those that don't there is a cash fee.

