

Friendship Group

Skills for Making and Keeping Friends for 4 to 7 Year-Olds

"A friend is someone who helps you up when you're down, and if they can't, they lay down beside you and listen." —Winnie the Pooh

Help your child:

- connect with peers and plug into school more easily
- feel more confident about speaking up and less nervous about joining in
- discover new ways to cope and manage emotions within a small group of friends

In this series of Friendship Group meetings, facilitated by Family Psychology of South Bend's early-childhood therapist Brianna Worland, M.S., your child will learn and practice coping skills, cooperation with peers, and social confidence. They will practice these essential skills through engaging, interactive activities geared toward their developmental level, using the science of emotional regulation and play-based learning.

Registration: Please contact Sarah at Family Psychology of South Bend 574-280-8199.

MEETING DATES AND TIME:

6 Thursdays 4:30pm-5:30pm starting January 16, 2025

LOCATION AND DIRECTIONS:

ECDC Saint Mary's College, Havican Hall Room 18

Enter the Saint Mary's College campus at the North entrance on Brother Andre Dr., near the Inn at St Mary's. Travel west, past the stop sign (do not turn onto Madeleva Dr.) Turn right into the 3rd entrance for the Science Parking Lot at Havican Hall. Enter Havican through the door next to the Early Childhood Center's garden, not far from the ECDC blue school bus.

COST: \$299 for all 6 sessions

Space will be limited to ensure small group experience.

Scholarships may be available.



Brianna Worland, MS trained with Sharon Bain, LCSW and continues the FPSB tradition of Adlerian child guidance. She facilitates guided conversation between parents and children and collaborates with them to solve problems and support development. She earned her Master of Science in Counseling and Human Services from Indiana University.