

Do you know of a student who would benefit from a Big Brother/Big Sister style mentoring program? Do you know of a student who would enjoy a Structured Play Group or Girls Group? Do you know of a student who could benefit from practicing social skills?

## **WESTWOOD YOUTH & FAMILY SERVICES – UPCOMING PROGRAMS**

### **FRIENDS NETWORK**

Who: Westwood residents in 3rd, 4th and 5th grades

When: November 2018 – April 2019, Wednesdays from 5:15 – 6:15 PM or 6:30 PM – 7:30 PM

Where: Patricia Carty-Larkin Senior Center, 60 Nahatan Street

What: The Friends Network program matches young Westwood residents with high school aged residents in 1:1 pairs that meet weekly to engage in games and activities in a relaxed setting. This is a great way for children to engage with a positive role model while forming a special friendship and having fun!

Contact: Sarah Baroud, LICSW at (781) 320-1006 or [sbaroud@townhall.westwood.ma.us](mailto:sbaroud@townhall.westwood.ma.us)

Register at:

[http://www.townhall.westwood.ma.us/yfs/programs\\_for\\_youth/programs\\_for\\_elementary\\_aged\\_residents/friends\\_network.htm](http://www.townhall.westwood.ma.us/yfs/programs_for_youth/programs_for_elementary_aged_residents/friends_network.htm)

### **GIRLS GROUP**

Who: Westwood girls in 4th – 6th grade

When: Fall 2018, one afternoon per week from 4:00 PM – 5:00 PM

Where: Islington Community Center

What: These 12-week groups will focus on navigating friendships and cliques, avoiding peer pressure, managing bullying situations, and exploring topics such as body image, confidence and self-esteem. We utilize art projects, videos and games to help reinforce these important topics in fun and creative ways!

Contact: Nina Banozic, LICSW at (781) 320-1006 or [nbanozic@townhall.westwood.ma.us](mailto:nbanozic@townhall.westwood.ma.us)

Register at:

[http://www.townhall.westwood.ma.us/yfs/programs\\_for\\_youth/programs\\_for\\_elementary\\_aged\\_residents/girls\\_group.htm](http://www.townhall.westwood.ma.us/yfs/programs_for_youth/programs_for_elementary_aged_residents/girls_group.htm)

### **STRUCTURED PLAY GROUPS**

Who: Westwood residents in Kindergarten – 5th grade

When: Fall 2018 – Spring 2019, one afternoon per week from 4:00 PM – 5:00 PM

Where: Islington Community Center; Hanlon, Sheehan and Martha Jones Extended Day programs

What: These 8-week groups are designed to emphasize the continued development of adaptive social and conflict-resolution skills as well as self-esteem and social confidence. Organized play and drawing activities are used to reinforce weekly topics such as initiating & developing friendships,

working cooperatively as a team, appropriate communication, decision-making, as well as appreciating one's own strengths and the differences of others, etc.

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