

momentum[®]

SOCIAL SKILLS PROGRAMS



BUDDY BUILDERS

Buddy Builders is an 18-week afterschool, social skills and community integration program for children between the ages of 5 to 12.

This program is designed to provide the opportunity for positive peer interactions and successful community integration experiences.

BUDDY CLUB

Buddy Club is an 11-month program with weekly 1.5 hour sessions with small peer groups of 4-6 children.

Children participate in fun-filled activities within curriculum of specific social skills like greeting and sharing, body language, cooperative and interactive play, sportsmanship, self-awareness and other skills to promote social inclusion.

This program is designed to provide the opportunity for positive peer interactions and successful community integration experiences.

For additional Information:

All programs are offered at:

Momentum PTN
1815 W. 213th Street
Torrance, CA 90501

Please visit our website at momentum4all.org or contact us at (310) 328-0276 or by email MPTNPrograms@momentum4all.org

MY PLACE

My Place is an afterschool program that helps adolescents aged 13 to 18 integrate into their community.

The 1.5 hour weekly sessions are designed to provides life and social skills training to adolescents and their families to support their transition to adulthood.

Teens participate in fun-filled activities that focus on increasing awareness and knowledge of safety issues for independence,



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PEERS[®]

PROGRAM FOR THE EDUCATION AND ENRICHMENT OF RELATIONAL SKILLS

PEERS are evidence-based social skills program developed at UCLA PEERS Clinic for children, adolescents, and young adults.

PEERS for Preschoolers

PEERS for Preschoolers is a 16-week, 90-minute weekly social skills group to teach children between 4 to 6 years of age how to make and keep friends.

PEERS for Preschoolers also offers Online Educational Classes for Parents

PEERS for Adolescents

PEERS is a 16-week, 90-minute weekly social skills group. The evidence-based social skills program for adolescents in middle and high school who are interested in making and keeping friends and/or handling conflict and rejections.

PEERS Online Classes

PEERS 16-week Online Social Skills Classes for Adolescents and Young Adults interested in making and keeping friends and /or handling conflict resolution.

For additional Information:

PEERS Programs are offered online and at Momentum locations:

Momentum PTN
1815 W. 213th Street
Torrance, CA 90501

Momentum ABA
920 S. Prairie Drive, Unit G
Sycamore, IL 60178

Please visit our website at momentum4all.org or contact us at (310) 328-0276 or by email MPTNPrograms@momentum4all.org





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BUDDY BUILDERS

An Afterschool Social Skills and
Community Integration Program
for Harbor Regional Center
Clients

PROGRAM DETAILS

- 90-minute weekly sessions on Tuesday, Wednesday, or Thursday afternoons from 4:00 to 5:30 pm.
- Small peer groups of 4-6 children are led by a pediatric occupational therapist (OT), OT interns, and an assistant with pediatric experience. A Board-Certified Behavior Analyst also supports Buddy Builders.
- Fun-filled activities within a curriculum of specific social skills: greeting and sharing, body language, play, turn-taking, making friends, understanding and expressing emotions, self-awareness, bravery, and facing fears.
- Sessions take place at Momentum's Clubhouse and other community sites, such as parks, libraries, and bowling alleys.
- Full caregiver participation is required at each session, where on-site training, collaboration, and coaching will be provided.
- This program is only available to Harbor Regional Center (HRC) clients. If you are not an HRC client interested in similar programs, please get in touch with Momentum regarding our other social skills programs.

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**SCAN FOR MORE INFORMATION
ABOUT SOCIAL SKILLS
PROGRAM**

