



# Frequently Asked Questions

## About the Pals Social Skills Programs

### **What are the Pals programs?**

The Pals programs are a series of small-group, play-based sessions designed to help children build confidence, communication skills, and strong peer relationships. Each program is tailored to a specific age group—Mini Pals (ages 3–5), Young Pals (ages 6–8), and Pals (ages 8–10)—with developmentally appropriate themes, activities, and strategies.

What makes each program different?

- Mini Pals blends social-emotional learning with early academic skills. Children explore emotions, friendship, and cooperation while engaging in playful literacy, math, and problem-solving activities.
- Young Pals focuses on building core social skills like taking turns, reading social cues, and joining in group play through movement, games, and other structured activities.
- Pals is an adventure-based group for older children that uses teamwork challenges and cooperative games to explore more complex skills like conflict resolution and flexible thinking.

### **Who leads the sessions?**

Each group is led by an experienced facilitator trained in child development and social-emotional learning. Sessions are structured to be fun, engaging, and supportive—helping kids feel safe and successful.

### **What is the curriculum like?**

The Pals programs utilize best practices and evidence-based strategies to deliver instruction. Sessions are designed to teach social skills through engaging,

developmentally appropriate activities like games, role-plays, and cooperative challenges. This approach helps children build communication, emotion regulation, problem-solving, and teamwork skills in a practical and supportive environment.

### **Is Pals right for my child?**



### **Are the groups small?**

Yes! Each group includes no more than 6 children to allow for personalized support and meaningful interaction.





### **Is this right for my child?**

The Pals programs are ideal for children who struggle to make and maintain friendships, have difficulty participating in structured and unstructured social activities, struggle to initiate play with peers, and trouble demonstrating social reciprocity. Whether your child needs more tools to build social confidence or simply more opportunities to practice, these groups provide a warm, playful, and structured setting to grow. Families will have an opportunity to speak with the program director during the enrollment process. This conversation allows families to learn more about the group and helps determine if the program is a good fit for their child's needs.

### **Are there any behaviors the program cannot support?**

We strive to provide a safe and positive environment for all participants. At this time, the Pals programs cannot support behavior that requires intensive behavior support, including aggression and elopement.

### **Can my child repeat a program?**

Yes! Children benefit from participating more than once, and the sessions remain engaging even the second time around.

### **Will I get updates or suggestions to use at home?**

Absolutely. Families receive weekly updates and ideas for how to reinforce social and learning goals outside of the group.

### **How long is each session and how many sessions are there?**

Sessions are 45 minutes and run weekly over 6 to 8 weeks depending on the program.

### **How do I register my child?**

Call us or use the QR code to contact us through our website with questions or to sign up!