

Referral for 3–4-Year-Old Social Skills Groups  
Howard County Judy Center and Lighthouse for Therapy & Play

Lighthouse Center for Therapy & Play will be facilitating 8 weekly 30-minute social skills groups for 3–4-year-olds at the Judy Center in Columbia starting October 17, 2023. Groups will be held on Tuesdays from 12:30pm-1:00pm. Parents will need to stay with their child for the entire group session and are encouraged to participate in the activities. The curriculum will consist of the following 6 units:

Unit 1: Skills for Learning (listening and following directions, whole body listening, focusing attention/staying on task, asking for what you need or want).

Unit 2: Emotion Management (exploring our emotions, managing specific emotions, empathy).

Unit 3: Friendship Skills (What makes a good friend? What makes a not-so-good friend? Fair ways to play, setting boundaries).

Unit 4: Safe Body Touching and Self Care (unwanted touch, personal space).

Unit 5: Problem Solving (managing emotions, thinking creatively, and persisting until a solution is found).

Unit 6: Adjusting to Change and Saying Goodbye (learning to accept and adjust to change in positive ways).

Please complete the following information and submit to Candace Ball at [cmball@howardcountymd.gov](mailto:cmball@howardcountymd.gov). You will be contacted by Lighthouse to complete a full intake and receive instructions prior to the group's start date. If you have questions about registering, please contact Candace at 410-313-6552 or by email.

Child Name:

Child Date of Birth:

Child Gender:

Child Race:

Parent/Legal Guardian Name:

Home Address:

Phone Number:

Email:

Insurance (your insurance will not be charged):

Referrals will be prioritized for children who may not be able to access groups through private pay or insurance. Please complete the following questions so that we may prioritize these referrals.

Do you or anyone in your household participate in any of the following programs:

- ☐ Free and Reduced Meals (FARMS)
- ☐ Medical Assistance
- ☐ Supplement Nutritional Assistance Program (SNAP)
- ☐ Temporary Cash Assistance (TCA)
- ☐ Women, Infants, and Children (WIC)
- ☐ Child Care Scholarship Program

If you do not participate in any of the above programs does your insurance provide coverage for Social Skills Groups?

- ☐ Yes
- ☐ No
- ☐ Unsure