

AUGUST

2022

BUDDY UP!

Every Monday, Wednesday and Friday

10:00am-12:00pm

Essa Public Library – Angus Branch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 All About Me	4	5 All About Me	6
7	8 Getting to Know Others	9	10 Getting to Know Others	11	12 Getting to Know Others	13
14	15 Interactions	16	17 Interactions	18	19 Interactions	20
21	22 Working in the Community	23	24 Working in the Community	25	26 Working in the Community	27
28	29 Friendship Building	30	31 Friendship Building			

Week 1 Theme: All About Me - Introductions - "Me" Booklets - Self Awareness & Self-Regulation	Week 2 Theme: Getting to Know Others - Sharing Interests - Hobbies - Sharing Experiences	Week 3 Theme: Interactions - Maintaining Conversation - Using Eye Contact - Complimenting and Encouraging Others	Week 4 Theme: Working in the Community - Job Interview Skills - Navigating the Community - Setting Goals	Week 5 Theme: Friendship Building - Joking vs. Pranking - Building Trust - Bullying Scenarios - Brainstorming: What Makes a "Friend?"
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****Please Note:** Sessions are subject to change based on the participants motivations and time permitting. Board Games and Leisure Activities will be included in every session. The top priority of each session is to have FUN and build friendships. ☺