



Lucy's Book Club (FREE)

A child's ability to communicate, develop relationships, resolve conflicts, and cope with the challenges of everyday life emerges over time. Reading together is one way to explore these topics with children. Lucy's Book Club (LBC) supports healthy social and emotional development and early literacy skills, while promoting imaginative play, creative thinking, problem solving, and self-regulation skills.

LBC provides age-appropriate literature, training, and support for early childhood teachers serving low- to moderate-income children in Wake, Johnston, and Durham counties. Ten or more centers per year are selected as LBC partners and receive up to three LBC selections per month.

If you'd like to learn more, please contact the Lucy Daniels Center at 919.677.1400.

"Finding out about the Lucy Daniels Center changed all of our lives. Not only did we find help for our son, we found a network of child psychologists, phenomenal teachers, and the support of other families with similar issues."
-LDC parent



LEARN MORE ABOUT LDC 4 EARLY SUCCESS

www.lucydanielscenter.org

LDC 4 EARLY SUCCESS

It's never too early to help your child live an emotionally healthy life!

Studies show that providing the right kind of family involvement, education, and in-depth evaluation and treatment when necessary makes a world of difference in a preschool child's emotional and social success later on. Whether the child is behaving in ways that indicate an inner struggle, or openly dealing with grief, loss, or anxiety, LDC 4 Early Success can help.

Many of the services offered through LDC 4 Early Success are FREE, and all are tailored to meet the special needs of young children and those who love and care for them. LDC 4 Early Success Components include:

- Parent Guidance Workshops
- First Friends Afternoon Program and Summer Camp
- Lucy's Link
- Lucy's Book Club

To obtain more information or participate in any of these programs, please call 919.677.1400 or visit www.lucydanielscenter.org/programs/lc4-early-success.



LDC 4 Early Success is a set of services offered by The Lucy Daniels Center (LDC), the Triangle's largest nonprofit provider of mental health services for children. Since its founding in 1989, LDC's child development experts and teachers have served more than 600 children and their families a year, plus reached thousands through our workshops and other resources. After more than 20 years of meeting the needs of preschool-aged children, the Lucy Daniels School now includes a therapeutic elementary school program through 5th grade.

For more information about how you can help us increase the number of families we support, please contact LDC's Development and Communications office at 919.677.1400 x 120 or development@lucydanielscenter.org

"Contacting the LDC was the best decision I ever made for my son. I can't begin to thank you and your staff enough for giving us a chance to find out what my son's real problems were and how to work through them..."

-LDC parent

"I have visited many therapeutic preschools both in the U.S. and abroad, but your program is the most impressive that I have had the privilege to observe. The facility is superb and ideally suited for the care of children. It is, however, the program and the staff that are most inspiring. The Lucy Daniels Center is a model institution destined to touch the lives of countless children."

-Marvin Margolis, M.D, past president of the American Psychoanalytic Association



Parent Guidance Workshops (FREE)

LDC's early childhood development experts speak on a variety of topics such as:

- Is my child ready for kindergarten?
- When rewards aren't enough...
- How would I know if my child has autism?
- My child can't sit still. Does he have ADHD?
- It's so hard to say good-bye.
- Should potty training be this difficult?
- Bedtime woes and struggles
- Does everything have to be a struggle?
- I don't want to go to school!
- Too many melt-downs?
- My child is a picky eater!

The format is interactive and casual with time for Q&A. For a list of the current workshop dates, times, and topics, visit www.lucydanielcenter.org/programs/ldc-4-early-success. You will then call 919.677.1400 to register.

"At Lucy Daniels, we found a group of experienced, insightful, incredibly dedicated professionals willing to take a very deep look at what was happening in the inner world of our child. Our daughter was treated as a real person with real feelings, a child crying out for help... Because of the Center, our daughter has a fair chance at a truly happy, fulfilled, productive life. We are forever in their debt."
-LDC parent

First Friends

Social skills are important in helping young children make friends and feel successful in social settings. LDC 4 Early Success offers two ways to support the development of social skills: an afternoon program and a summer camp.

Afternoon Social Skills Program

Sessions are twice a week (Mondays and Thursdays from 2–3:30 p.m.) for eight weeks and are led by teachers who specialize in the social and emotional development of children.



Sample Daily Schedule

- 2–2:45 PM Arrival, "child's choice" activity
- 2:50 PM Cleanup, transition to group time
- 3 PM Activity-based group time (stories, circle time, outdoor play; occasionally a teacher-led project such as arts or building).
- 3:25 PM Closing time
- 3:30 PM Dismissal

Parents will also participate in some of the sessions with their children and receive regular support and feedback from LDC staff.

Summer Camp

Our summer camp for preschool through kindergarten focuses upon helping children develop social skills with their peers and in a group setting.

Nestled in the woods in North Cary just off of I-40 (Harrison Avenue), the Lucy Daniels Center sits on a unique campus with access to Cary's Greenway system and our school's therapeutic teaching garden, greenhouse, and playground. First Friends campers will spend time both indoors and outdoors participating in activities designed to bring the group together to communicate, collaborate, and explore nature, creative expression, and relationships with one another. Enjoy an early bird discount of 10% if enrolled by June 1.

Activities: Arts/crafts, stories, playground, group snack/lunch, working garden, trails, nature activities, and more!

Leaders: Lucy Daniels School teachers, who specialize in the social and emotional development of children, will work closely with the children and families to help each child feel comfortable and successful as a camper.



To learn more about fees and registration for the First Friends afternoon program and summer camp, please visit www.lucydanielcenter.org/programs/ldc-4-early-success.



Lucy's Link (FREE thanks to grant support)

An outreach program supporting the emotional development of young children.

LDC-trained professionals offer Lucy's Link to preschools in the Triangle area. Among the free services offered are:

- Observations of children who are exhibiting difficulties with social/emotional development together with assistance and consultation to classroom teachers.
- On-site workshops for teachers to assist them in supporting the social and emotional development of their students.
- Workshops for parents to help them better understand their child's emotional development and provide optimal support.
- Parent counseling
- Rapid assistance with screening and consultations for children who may need additional resources.
- Regular follow-up assistance

To discuss having a Lucy's Link assessment professional visit your preschool, contact LDC at 919.677.1400.