



Making friends is an essential skill. Friendships can help you feel supported, lower stress, and feel connected to the community. Research shows that having friends remains an important driver of quality of life through adulthood. The objective of the AMS Friendship Club Program is to provide opportunities to build friendships, create connections and enhance lives of AMS students AMS Friendship Club meets in the AMS school library right after school on **Mondays** from **3:10-4:00 pm**. The following social skills are some that will be covered within the club's activities; team building, problem solving, communication, decision making, listening, and cooperation.

**If you're interested in participating in the AMS Friendship Club,  
please contact Mrs. Davis in the Information Center.**