

SELF-REGULATION FALL 2019

The goal of this group is to promote self-awareness and success in meeting social and environmental demands, which are frequently misinterpreted or missed all together. Through the use of popular social learning concepts, sensory integration strategies, and emotional regulation approaches, the children and their parents will begin to foster an understanding of:

- *social rules and expectations
- *sensory motor strategies
- *common language regarding behaviors and emotions
- *parent group discussion is provided weekly

Boys and girls ages 8-10 are eligible for this group; however, participants will be accepted based on how well their needs and abilities fit with the group dynamic. A screening or intake may be necessary to help determine placement (\$250).

Please visit our website for more information about our groups and programs.

Group Information:

Tuesdays: 5:00pm-6:15pm

September 10 - December 3, 2019

No Group on November 26th

Led by Megan Seto, MOT, OTR/L

Cost: \$1500 (Twelve, 75-minute sessions)



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