

Self-Regulation for Success

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 social cognitive approaches, sensory/motor 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- 11 are eligible for this group; however, participants will be accepted based on how well their needs and abilities fit with the group dynamics. A screening may be necessary to help determine placement (\$250).

June 15th - July 31st, 2020 (7 weeks)

Monday evenings 5pm-6:15pm

Led by Kelly Northness, MS, OTR/L

Cost:

\$980 (\$140 per session) for all 7 sessions

If you have a planned vacation, there is an option of paying \$750 for 5 drop in sessions

Add on sessions: \$150 each



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