

PERSONALIZED THERAPY



OUR GROUPS

GROUP CLASSES ARE NOW HERE!

**** Not Reimbursable By Insurance**

**Beginning January 19, 2009 and
Continuing Throughout the Year**

24 hour advanced registration is required.

***New programs are always forming.
Call our office to check on current offerings.
301.862.2505***

At Personalized Therapy, we believe that children often learn best in the company of peers. Our group classes offer an opportunity for children to practice skills in a safe and supportive environment where activities can be adapted to meet the individual needs of each child. For some, the classes offer a developmentally appropriate arena in which they can interact with peers while moving and learning. For others, the challenge of succeeding in a small group setting is a skill that builds a foundation for success in the larger classroom at school. The structure of each of our programs varies, but the one thing they have in common is a motivating environment for children to learn.



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Play Partners *\$15 per session*

Mondays—3:00 pm—4:00 pm (Ages 1 –3)

The play partners session allows the child who is ready to begin peer social interaction and play, but not quite ready to participate in a group, to partner up with an appropriate peer. The session incorporates sensory integration activities to enhance motivation and increase the children's emotional availability for shared play and turn taking opportunities.

Toddler Group *\$15 per session*

Mondays—4:00 pm— 5:00 pm (Ages 3- 5)

Our toddler or preschool classes help children to develop strategies that enable them to be successful in the group setting. Skills learned in this class can be generalized to the school, community and other mainstream settings. Group sessions also have the advantage of being a motivating setting which encourages children to develop peer relationships. The class curriculum emphasizes improving muscle tone/strength, motor planning, coordination, social skills and organization.

Social Skills *\$15 per session*

Mondays—5:00 pm—6:00 pm (Ages 6 – 8)

Mondays: 6:00—7:00 (Ages 9— 13)

Social skills are an important aspect of a child's life. They help a child to make friends, join into groups of peers for play and learn to communicate effectively. When children have difficulty with their social skills, they may be seen playing alone, getting into arguments with their peers or appear to be aggressive secondary to difficulties knowing how to act in specific situations. Our social skills class uses sensory strategies to engage children in motivating activities to promote social interaction. The class structure is constantly changing as it is tailored to the specific needs of the group.



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Sensory Integration Group \$15 per session

Tuesdays—4:00 pm—5:00 pm (Ages 6+)

Small group Sensory Integration classes offer children the opportunity to learn new skills while having a successful group experience. The classes work on an array of sensory integration skills to build muscle tone, improve motor planning skills and coordination. Our sensory integration curriculum utilizes strategies that help children to regulate behavior, build peer relationships and follow the class routine.

Handwriting Group \$15 per session

Tuesdays: 5:00 pm—6:00 pm (Ages 6—8)

Tuesdays: 6:00 pm—7:00 pm (Ages 9—13)

Does your child complain when asked to write? Does his or her teacher report messy writing or the need for extra time to complete assignments? Many different skills are required when writing. A child must display solid core strength and stability, have a good grip on their pencil and use appropriate pencil pressure. Good visual motor skills will help to produce proper letter alignment, size and spacing and allow for gaze shifting between their paper and what they are copying. Without these basic skills, handwriting may become illegible, inefficient, and laborious. This class offers a small group setting where children can develop new skills in a supportive environment.