

2022 Summer Group Schedule

All groups will be offered on site. Masks will be required for all participants.

Social Skills

This group follows the format of the social skills groups that are offered throughout the rest of the year, but in a shortened time frame. This group focuses on friendship, reducing anxiety, improving the ability to manage feelings of frustration, and building confidence. Lessons and hands-on activities help participants practice self-reflection, self-management, and social skills. This group provides a multidisciplinary approach and is led by Patrick Ethel-King Ph.D and is co-facilitated with occupational therapy staff. This group may be covered by insurance and requires an initial assessment for participants new to the clinic. **Participants are required to attend all sessions.**

MONDAYS/WEDNESDAYS

1:00 - 2:00 PM Ages 5-8

August 8, 10, 15, 17

2:30 - 3:30 PM Ages 8-10

4:00 - 5:00 PM Ages 11-13

Peer Speech Therapy

Peer Speech therapy brings 2-4 children together with a speech-language pathologist. Sessions help children to adapt their language based on the social situation, learn the rules of conversation, turn taking, non-verbal communication skills, understanding non-literal language, problem solving and expressing emotions. Kids who are not already receiving speech therapy at NHWS require an initial assessment. May be covered by insurance. May participate in both sessions or only one.

Session One:

MONDAYS/WEDNESDAYS

11:00-12:00 PM Ages 4-7

July 18, 20, 25, 27

1:00-2:00 PM Ages 8-12

Session Two:

TUESDAYS/ THURSDAYS

11:00-12:00 PM Ages 4-7

August 16, 18, 23, 25

1:00 - 2:00 PM Ages 8-12

Self Regulation through Yoga

Classes are taught by Dr. Erin Wallace, a yoga instructor and Occupational Therapist. Groups will focus on mindfulness, self-image, self-confidence and stress reduction. Each class includes graded yoga poses that make it possible for all kids to participate, regardless of physical ability or past experience. Classes may include breathing techniques, relaxation and creative self-expression kindness activities, calming techniques and concentration exercises. May participate in both sessions or only one. **Class is not insurance billable and the cost to attend is \$100 per 4 week session, payable at the time of registration.**

Session One:

WEDNESDAYS

July 6,13,20,27

4:30-5:30 PM

Ages 8-14

Session Two:

TUESDAYS

Aug 9,16,23,30

4:30-5:30 PM

Ages 8-14

**To get more details about prices or registration,
Call (503)352-0240, email contact@nhws.us or visit www.nhws.us**