



## Winter Programs 2024

### **Pre-School/Kindergarten Regulation (Ages 4-5)**

**Jan 15 – Mar 18, Jan 17 – Mar 20**

This program is geared for children 4-5 years old to help develop self-regulation skills. It is based on both "Social Thinking" and "How Does Your Engine Run" concepts. Children will learn a variety of sensory, cognitive, and emotional tools to help them focus, engage with others, and stay regulated in a fun and movement-based approach.

[Mondays \(Ages 4-5\) 2:30-3:30](#)

[Wednesdays \(Ages 4-5\) 1:30-2:30](#)

### **Engine Toolbox (Ages 5-8)**

**Jan 15 - Mar 18**

This program is designed to help children recognize and implement strategies for self-regulation using their sensory systems. Throughout the program, we explore the various ways to change the child's "engine" using sensory "tools" and collect those that work best for them in their toolbox. At the end of the program, each child will have a repertoire of strategies to use at home and at school to keep their engine "just right," so they can attend, follow directions, and engage well with others.

[Mondays \(Ages 5-8\) 3:30-4:30](#)

### **Superflex (Ages 6-8 or 8-10)**

**Jan 15 - Mar 18, Jan 16- Mar 19**

This program gives children strategies to regulate their difficult thoughts, feelings and behaviors through a fun superhero format. Children learn how to identify and build on their own superhero thinking strategies (Superflex) to take on various behavioral challenges (rigid thinking, distractibility, anger, anxiety) as represented by "unthinkable" cartoon characters such as Glassman, Rock Brain and Brain Eater.

[Mondays \(Ages 6-8\) 4:30-5:30](#)

[Tuesdays \(Ages 6-8\) 4:30-5:30](#)

[Tuesdays \(Ages 8-10\) 5:30-6:30](#)

### **Advanced Superflex (Ages 7-10)**

**Jan 15 - Mar 18**

This program is for children that have completed the Superflex 1 program. Through real time and simulated activities, children will develop a deeper understanding of their behaviors and thoughts, learning additional strategies to overcome social thinking challenges. Children will learn more 'Unthinkables', be introduced to the 'Thinkables' and learn to develop their own characters and strategies to navigate social situations.

[Mondays \(Ages 7-10\) 5:30-6:30](#)

### **Executive Functioning (Ages 7-9 or 10-13)**

**Jan 16 - Mar 19, Jan 18 - Mar 21**

This program empowers children to understand their brain and how to change it! We address executive functioning skills such as, attention, impulse control, time management, planning and organization. We work on these skills through games, movement, practice, and more.

[Tuesdays \(Ages 7-9\) 3:30-4:30](#)

[Thursdays \(Ages 10-13\) 4:15-5:15](#)

### **Picky Eaters – The Lunch Bunch (Ages 5-8)**

**Jan 14 - Mar 17**

This program is for children who find mealtimes and exploring new foods challenging. Led by an Occupational Therapist or Speech Language Pathologist using the Get Permission First and/or SOS feeding approaches. The therapist facilitates a change, so children look at foods as friends not the enemy. This approach is designed to desensitize and encourage children to explore foods by redefining "try."

[Sundays \(Ages 5-8\) 12:00-1:00](#)



**Social Groups/Friendship Groups (Ages 5-7, 7-10, or 11-14) Jan 14 – Mar 17, Jan 17- Mar 20, Jan 18 - Mar 21**

This program provides young children, tweens, and teens with everyday vocabulary and concepts to understand thoughts, emotions, behaviors as well as social skills. They learn tangible strategies to implement in everyday situations at home and school.

Sundays (Ages 5-7) 11:00-12:00

Wednesdays (Ages 7-10) 2:30-3:30

Thursdays (Ages 11-14) 5:30-6:30

**Reading (Ages 5-7 or 8+)**

**Jan 16 - Mar 19, Jan 17 - Mar 20**

This program is designed to improve your child's confidence and success with reading using a fun, multisensory small group approach. It was developed by a Wilson certified Speech Language Pathologist. Sessions are directed towards a variety of interests. There are opportunities to learn and practice skills in phonology (letters and sounds), reading, spelling and comprehension,

Tuesdays (Ages 5-7) 2:30-3:30

Wednesdays (Ages 8+) 5:30-6:30

**Handwriting – Move and Write! (Ages 5-8)**

**Jan 17 - Mar 20**

This program teaches and refines letter formation. We address handwriting with an emphasis on letter formation, pencil grasp, fine motor skills and hand strength to address the foundational skills required for handwriting. Children will engage in gross motor and core strengthening tasks prior to seated fine motor tasks. Target grades are K through 1<sup>st</sup> grade, however, based on skill level, other ages may be considered.

Wednesdays (Ages 5-8) 4:00-5:00

**Gymnastics (Ages 5-8)**

**Jan 18 - Mar 21**

This program is led by an occupational therapist with an extensive gymnastics background. During the program, children will learn basic tumbling skills through use of different gymnastics equipment, including trampoline, balance beams, mats, and bars. We will work on group dynamics, sensory exploration, gross motor skills, coordination, and body awareness through a therapeutic lens. This program aims to boost a child's confidence in a supportive and therapeutic environment by providing a "just right" challenge for each child.

Thursdays (Ages 5-8) 3:00-4:00

**Yoga & Mindfulness (Ages 6-8 or 9 and up) Parent/Child**

**Jan 14 - Mar 17**

Research shows that mindfulness training, breathing and yoga enhance motor development, self-regulation and executive functioning. This program helps your child find new ways to stretch their body and brain.

\*With Parent Sundays (Ages 6-8) 11:00-12:00

\* Parent Optional Sundays (Ages 9 & up) 2:00-3:00

**Superflex for Parents!**

**Jan 15 - Mar 18**

This 8 week virtual course teaches parents the vocabulary and strategies found in the Superflex curriculum to use with their children at home. Parent strategies will also be introduced to help parents stay calm and deal with their own Unthinkables! It is a valuable opportunity for parents whose children are currently learning or have learned the Superflex curriculum as well as parents interested in learning about this approach to Social Thinking.

Mondays 5:30-6:30

**NEW! Executive Function for Parents**

**Jan 16 - Mar 5**

This 8 week virtual course teaches parents basic brain structures as well as how to take care of their and their children's brain. Parents will learn the 11 executive functions of the brain and strategies to change and enhance their own as well as their child's cognitive functioning. It is a valuable opportunity for parents whose children are currently learning or have learned the Executive Functioning curriculum as well as parents new to these concepts.

Tuesdays 12:00-1:00



## WINTER PROGRAMS 2024 REGISTRATION FORM

Please drop off completed forms at the clinic (M - F 10am - 6pm) Questions regarding payment? Contact [DonikaM@kutsllc.com](mailto:DonikaM@kutsllc.com)

Child's Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_  
 Parent/Guardian Name: \_\_\_\_\_ Relationship: \_\_\_\_\_  
 Address: \_\_\_\_\_ State: \_\_\_\_\_ Zipcode: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_  
 2nd Contact for Emergencies: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Registration is due by **January 7th**

\$625 Fee is due upon registration. Please note there is a \$100 cancellation fee after 01/07/2023

Payment may be made with Cash, Check, Credit Card, Zelle, QuickPay or PayPal to ([billing@kutsllc.com](mailto:billing@kutsllc.com))

Groups are **not** billable to insurance and are therefore offered at a reduced out-of-pocket-price of \$60/session.

A \$25 material/supplies fee is included in the \$625 price.

### Dates: January 14<sup>th</sup> - March 22<sup>nd</sup> - Groups run for 10 sessions

- |   |            |               |                 |       |
|---|------------|---------------|-----------------|-------|
| <input type="checkbox"/> Preschool/ K Regulation (Ages 4-5)         | Mondays    | 2:30 - 3:30   | Jan 15 – Mar 18 | \$625 |
| <input type="checkbox"/> Preschool/ K Regulation (Ages 4-5)         | Wednesdays | 1:30 - 2:30   | Jan 17 – Mar 20 | \$625 |
| <input type="checkbox"/> Engine Toolbox (Ages 5-8)                  | Mondays    | 3:30 - 4:30   | Jan 15 – Mar 18 | \$625 |
| <input type="checkbox"/> Superflex (Ages 6-8)                       | Mondays    | 4:30 - 5:30   | Jan 15 – Mar 18 | \$625 |
| <input type="checkbox"/> Superflex (Ages 6-8)                       | Tuesdays   | 4:30 - 5:30   | Jan 16 – Mar 19 | \$625 |
| <input type="checkbox"/> Superflex (Ages 8-10)                      | Tuesdays   | 5:30 - 6:30   | Jan 16 – Mar 19 | \$625 |
| <input type="checkbox"/> Advanced Superflex (Ages 7-10)             | Mondays    | 5:30 - 6:30   | Jan 15 – Mar 18 | \$625 |
| <input type="checkbox"/> Executive Functioning (Ages 7-9)           | Tuesdays   | 3:30 - 4:30   | Jan 16 – Mar 19 | \$625 |
| <input type="checkbox"/> Executive Functioning (Ages 10-13)         | Thursdays  | 4:15 - 5:15   | Jan 18 – Mar 21 | \$625 |
| <input type="checkbox"/> Picky Eating (Ages 5-8)                    | Sundays    | 12:00 - 1:00  | Jan 14 – Mar 17 | \$625 |
| <input type="checkbox"/> Social/Friendship Group (Ages 7-10)        | Wednesdays | 2:30 - 3:30   | Jan 17 – Mar 20 | \$625 |
| <input type="checkbox"/> Social/Friendship Group (Ages 5-7)         | Sundays    | 11:00 - 12:00 | Jan 14 – Mar 17 | \$625 |
| <input type="checkbox"/> Social/Friendship Group (Ages 11-14)       | Thursdays  | 5:30 - 6:30   | Jan 18 – Mar 21 | \$625 |
| <input type="checkbox"/> Reading (Ages 5-7)                         | Tuesdays   | 2:30 - 3:30   | Jan 16 – Mar 19 | \$625 |
| <input type="checkbox"/> Reading (Ages 8+)                          | Wednesdays | 5:30 - 6:30   | Jan 17 – Mar 20 | \$625 |
| <input type="checkbox"/> Handwriting (Ages 5-8)                     | Wednesdays | 4:00 - 5:00   | Jan 17 – Mar 20 | \$625 |
| <input type="checkbox"/> Gymnastics (Ages 5-8)                      | Thursdays  | 3:00 - 4:00   | Jan 18 – Mar 21 | \$625 |
| <input type="checkbox"/> Yoga and Mindfulness with parent(Ages 6-8) | Sundays    | 11:00 - 12:00 | Jan 14 – Mar 17 | \$400 |
| <input type="checkbox"/> Yoga and Mindfulness (Ages 9 and up)       | Sundays    | 2:00 - 3:00   | Jan 14 – Mar 17 | \$400 |

### Dates: January 15/16<sup>th</sup> – March 4/5<sup>th</sup> – Virtual Parent Groups run for 8 sessions via Zoom

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|---|----------|--------------|----------------|-----------------------|
| <input type="checkbox"/> Superflex for Parents          | Mondays  | 5:30 - 6:30  | Jan 15 – Mar 4 | \$400 for 1-2 parents |
| <input type="checkbox"/> Executive Function for Parents | Tuesdays | 12:00 – 1:00 | Jan 16 – Mar 5 | \$400 for 1-2 parents |

#### Informed Consent and Acknowledgement

I hereby give my approval for my child's participation in any and all activities during the selected group(s). In exchange for the acceptance of said child's candidacy by Kids Unlimited Therapy Services, LLC (KUTS), I assume all risk and hazards incidental to the conduct of the activities, and release, absolve and hold harmless KUTS and all its respective officers, agents, and representatives from any and all liability for injuries to said child. In case of injury to said child, I hereby waive all claims against Kids Unlimited Therapy Services, LLC., including all therapists and affiliates, all participants, sponsoring agencies, advertisers, and, if applicable, owners and lessors of premises used to conduct the group. There is a risk of being injured that is inherent in all therapeutic activities.

Parent Name \_\_\_\_\_ Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

How did you hear about us? \_\_\_\_\_