

ESPT Social Skills Groups

This group is an introduction to the Zones of Regulation Curriculum. Get in the Zone targets children ages 6-9 who are learning about their emotions and benefit from a group learning experience to talk about, experiment with, and understand their regulation needs, strategies, and triggers.

This group will be 4 weeks long, taking place on Thursday nights from 5:30-6:30 pm from 12/1/22 through 12/22/22.

This group cost \$165 for the whole 4 sessions.

This group is Run by Tracy Gay, COTA who has been practicing in the Needham Public School System for 20 years and has been facilitating small group experiences for children in her community.

Register Here: <https://forms.office.com/r/MNvkebRZJV>

GET IN THE ZONE
An introduction to the Zones of Regulation

OBJECTIVE
In regards to Emotions:

- Developing Concrete Language
- Understanding perspectives
- Learning regulation strategies

Date: 12/1/22-12/22/22
Time: 5:30pm-6:30pm
Duration: 4 Sessions
Ages: 6-9
Cost: \$165

Contact: Emily McLane
emily.mclane@extrasteps.org
Call/text: (978) 344-2481

extra steps pediatric therapies
222 Main St
Acton MA 01720

Scan the QR Code to learn more and register for this group

extra steps pediatric therapies
MINUTE MAN ARC

GROSS MOTOR CHALLENGES:
Build a real life Video Game
Winter Break Intensive

12/28-12/30
10AM-11:30AM
AGES 7-12 YRS
GROUP PRICE: \$215

EXTRA STEPS PEDIATRIC THERAPIES:
222 MAIN ST. ACTON, MA, 01720
CONTACT: EMILY MCLANE
EMAIL: EMILY.MCLANE@EXTRASTEPS.ORG CALL: (978) 344-2481

Scan the Q-R Code to access our online registration!

In this group, the participants will be working together to create gross motor challenges and games through the use of gross motor equipment (that is specific to each session). The group will plan these challenges/games, set the up, and play them.

This group is great for kiddos who have increased energy, need more movement, need proprioceptive input, and could benefit from some structure and activities over break. This group is designed to target ages 7-11, but there is flexibility due to the open-ended structure of this group. This is a short winter break intensive running from 12/28-12/30 from 10 am-11:30 am each day.

Register Here: <https://forms.office.com/r/qXQp5Jvn7i>

This workshop consists of multiple topic sessions where the participants can pick which ones they would like to attend. The price is determined based on the number of sessions signed up for and will be specified in the registration form.

These sessions take place on the first Wednesday night of the month from 7 pm-8:15 pm. Each participant can choose to attend the session(s) in person at Extra Steps or virtually through Zoom. For the in-person option, there are additional childcare options as needed.

Session 3: 12/7: Sensory Processing.
Session 4: 1/4: Development and Red Flags.

These discussion-based groups are facilitated by our Early Childhood Specialist Lea Walsh, who has been working in an inclusive classroom as a Special Education Teacher for over 25 years.

Register Here: <https://forms.office.com/r/PfpiVezfD5>

extra steps pediatric therapies
MINUTE MAN ARC

Caregiver Workshops
Strategies to build connections and promote skill development for your child

Mission: Creating a comfortable supportive group for caregivers to build connections and skills to support their children.

Session 1
Limit Setting and Managing Behaviors

Session 2
Attending Family Gatherings

Session 3
Sensory Processing

Session 4
Development and Red Flags

Classes held the 1st Wednesday of the month from 7pm-8:15pm.
Sign up for all or just one session, discounts may apply.

Use the QR code for more information and to register.

Contact Emily McLane for more information:
emily.mclane@extrasteps.org or 978-344-2481

222 Main St. Acton, MA
www.MinuteManArc.org

For more Questions or Information Contact:

Emily McLane, OTR/L
email:
emily.mclane@extrasteps.org
Text/call: (978) 344-2481

ESPT: 222 Main St
Acton MA, 01720

Upcoming Groups in January:

- Lego Building Group
- Messy Play Group
- Feeding Groups (following the SOS Model)
 - Little Food Explorers 3-5 yrs old
 - Food Scientists 7-9 yrs old