Therapeutic Groups Offered at the Children's Therapy Center of The Washington Hospital 2/2013

Title	Description	Ages	Dates/Times	Cost
READING PROGRAMS – one group at a time				
Pre-reading Group	Phonological awareness, sound/letter associations, visual perceptual skills	5-7 yrs	TBA	$150 12 sessions
Learning Letters & Sounds to Read	Sound/letter association, isolating sounds in words, blending sounds, segmenting syllables, letter formation, visual sequential memory skills, tracking skills	6-8 yrs	TBA	$150 12 sessions
Fun with Reading & Spelling	Visual tracking and memory, high-level phonological awareness skills, reading and spelling of sight words & reading comprehension	7-9 yrs	TBA	$150 12 sessions
Adolescent Social Skill Group	Students work together on projects, games, and role-playing to help promote healthy, positive interactions	14-18 9-13	Thursdays 4: 30-5:20 5:40-6:30	Covered through Insurance
Cooking For Kids	Learn basic functional cooking skills, increase fine motor skills, follow sequential directions, increase tolerance to sensory stimuli, promotes fun and interactive skills	7-10 yrs	Dates to be announced-runs during the summer	$100
Kindergarten Prep Group	Promotes development of appropriate social skills such as sharing, turn-taking, introductions, making friends, and asking questions while enhancing specific speech/language goals	4-5 yrs	Mondays 1:00-2:00	Covered through Insurance

FUNctional Communication Group	Encourages the most effective mode of communication such as verbal, basic signs/gestures, and augmentative communication ST+OT	3-5 yrs	Tuesdays 10:00-11:00 and Thursdays 11-12	Covered through Insurance
Jump Start to Preschool	This group is designed to help prepare your child for preschool. It focuses on improving functional communication skills and functional social skills, interactions with peers and adults while engaging in fine motor and sensory based activities. Preschool like activities include: free play and interactive play with peers, craft time and activities at the table, circle time and song routines. OT and ST run group	2-4 years	Thursdays 1:30-2:30	Covered through Insurance
Listen and Learn	OT and ST will work on following directions, understanding concepts, increasing vocabulary, social skills, attention and working on sensory strategies and sensorimotor exploration	7-10	Thursday 4:30-5:30 **Washington site**	Covered through insurance
Listen and Learn for Young Kids Too	OT and ST will work on directions, concepts, vocabulary, social skills, attention, figurative language, sensory skills	5-7	Monday 4:30-5:30 **Washington Site**	Covered through insurance
Fun with Food	OT will work on increasing variety of food intake, decreasing oral sensitivity, self feeding, appropriate chewing patterns and socialization	3-6 "picky eaters"	TBA	Covered through insurance – parents are requested to contribute $10 initially and $10 at 6th week for food

CAMP WRITE	Handwriting Camp offered by OT – to work on hand strength, pencil grasp, fine motor skills and visual perception tasks	5-7 yrs	TBA runs during the summer	$75.00 – includes supplies
PHYSICAL SKILLS				
Learn to Swim	Parent and child swim program adapted to teach basic swimming skills and water safety	2-12 yrs	Dates to be announced	$65.00 for 6 sessions- Cameron Wellness Center
Jump and Roll	Focuses on improving skills such as coordination, core strengthening, & motor planning with games, dance, and sports.	5-10 yrs	TBA	Covered through Insurance (Primary Therapist Recommends)
Therapeutic Yoga	Promotes strength, flexibility, coordination and body awareness- builds confidence and self esteem	6-11 yrs	Monday 4:45-5:30	Covered by insurance (Primary Therapist recommends)
CTC Cheerleading	Learn cheers and a dance to perform during the annual "Day of Champions"	5-12 years old	To be announced	$75.00 – includes tshirt
Aquatic Strengthening	Promotes arm, leg and core strengthening / flexibility and muscular endurance	4 and up	Wednesday 4:30-5:15 At Pool	Primary therapist recommends and covered by insurance