

IN THE *Group* ZONE

A social emotional group that will provide sensory strategies and coping mechanisms to help with self-regulation

Group 1

Ages 5-7

Group 2

Ages 8-10

Dates:

Monday Evenings

Group 1- 5:00-6:00

Group 2- 6:00-7:00

April 7th

May 5th

April 14th

May 12th

April 28th

May 19th

How to register

Contact

Amanda Cichanowski

708-304-3177

<https://thetherapy-center.com>

708-460-2111

In The Zone is a 6 week course that focuses on providing participants strategies to become more aware of and independent in; controlling their emotions and impulses, managing their sensory needs, enhancing their social thinking skills and improving their ability to problem solve conflicts. It is led by a Licensed Professional Counselor who specializes in behavior management. Along with additional supports provided by a Certified Occupational Therapist who specializes in several sensory integration techniques as well as a Licensed Speech Pathologist whose passion is to help children enhance their social thinking skills.

Session Fee

\$35

If you pay in full when you register the 6th session is
FREE!

The Therapy Center

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Mokena, IL 60448