

In The ZONE

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

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, manage their sensory needs, and improve their ability to problem solve conflicts. It is led by a Clinical Mental Health Counselor who specializes in behavior management and a Certified Occupational Therapist who specializes in several sensory integration techniques.

The group will take place on Tuesday's for the following dates:

June 11 th	July 9 th
June 18 th	July 16 th
June 25 th	July 23 rd

There will be two different time slots based on the children's ages:

Ages 5-7- 4:00-5:00

Ages 8-10- 5:00-6:00

**Each session will
be \$60**

If you pay in full, the
6th session will be
FREE!

The Therapy Center
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Orland Park, IL 60462
Register at
www.thetherapycenterorlandpark.com