

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 5 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 solving conflicts. It is led by a Clinical Mental Health Counselor who specializes in behavior management with additional supports provided by a Certified Occupational Therapist who specializes in several sensory integration Techniques, a Licensed Speech Pathologist whose passion is to help children enhance their social thinking skills, and a Licensed Acupuncturist who works on whole body awareness.

The Therapy Center
9031 W. 151 st Street
Suite 102
Orland Park, IL 60462
Register at

www.thetherapycenterorlandpark.com

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

July 13
July 20
July 27
August 3
August 10

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

Ages 6-8- 1:30-2:30
Ages 9-11- 2:30-3:30

Each session will be \$50

If you pay in full, the 5th session will be FREE!