

SOCIAL SKILLS GROUPS

SOCIAL STARS **AGES 5-6, 4-4:50PM | AGES 7-8, 5-5:50PM** **FALL SESSIONS I & II**

Our Social Stars group is a fun and supportive 6-week program designed to help young children build foundational friendship and communication skills.

Each week includes interactive games, themed activities, and a special take-home "toolbox" item to help reinforce the skill of the week. Through play and guided peer interactions, children will practice turn-taking, flexible thinking, emotion sharing, problem-solving, and more.

CRAFTING CONFIDENCE **AGES 9-12, 6-6:50PM | FALL SESSION I**

Crafting Confidence is a 6-week group designed to help kids explore identity, build self-esteem, and strengthen confidence in the face of tricky middle school peer dynamics. Each week features a meaningful craft project paired with guided discussions to support positive self-image, self-expression, and resilience. Participants will also receive a new affirmation card each session to add to their growing confidence toolkit.

BUILDING CONFIDENCE **AGES 9-12, 6-6:50PM | FALL SESSION II**

Building Confidence is a 6-week group where kids will build more than just towers—they'll build confidence, connection, and self-awareness. Each session features a creative STEM-based building challenge (using LEGOs, recycled materials, and more) paired with reflection, teamwork, and a weekly affirmation card. Through collaboration and design, participants will explore identity, emotional expression, and the power of resilience—all while having fun and creating together.

COST: \$405/6 WEEK SESSION

FALL SESSION I: TUES. 9/16 - 10/21
FALL SESSION II: TUES. 10/28 - 12/9
(NO GROUP ON 11/11)

TO ENROLL:
EMAIL ALYSSA@OWLPEDIATRICTHERAPY.COM

PARENT SUPPORT GROUPS

Our caregiver support group provides a supportive space for caregivers of children with complex communication needs. The group's agenda is set by the participants with a goal of being heard, learning from each other, and connecting with others' experiences. The group is facilitated by a licensed speech-language pathologist.

THURS. 9/18 & THURS. 12/4



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FALL 2025



UPCOMING EVENTS:

BACK-TO-SCHOOL NIGHT!

THURS. 8/21, 7-8PM

Celebrate the new school year with us! Tour our new clinic space, meet our new Occupational Therapist and Family Support Coordinator, and explore our fall programs. We'll also share practical tips to help parents and caregivers navigate the back-to-school transition. Light refreshments served.

ADOPT-A-FRIEND! WORKSHOP

MON. 10/13 | \$85/CHILD
PRESCHOOL, 9-11AM
AGES 5-8, 1-3PM

Kids will "adopt" a cuddly stuffed animal and learn calming strategies like buddy breaths, animal yoga, and positive affirmations. Each child will decorate a collar and crate, then take home their new friend, calming cards, and parent tips for continued practice.

FEELINGS TOOLBOX WORKSHOP

TUES. 11/11 | \$85/CHILD
PRESCHOOL/PARENT, 9-11AM

Join us for a playful, hands-on workshop where preschoolers and their caregivers build emotional connection and calm together. Through stories, movement, games, and calming tools, families will explore ways to navigate big feelings side by side. Each pair will take home a personalized "Calm Kit" and simple strategies to support emotional growth at home.

AGES 5-8, 1-3PM

Join our Family Support Coordinator for a playful, two-hour workshop to help kids better understand and manage big emotions! Through stories, discussions, and hands-on activities, children will learn how to recognize feelings in their bodies and use strategies to feel calm and confident. Each child will create and take home a personalized coping toolbox, with parent handouts for continued practice at home.