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Services for Young Children and Families

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Summer Programs 2019

Playgroups

Our Playgroups are designed to promote healthy social and language interactions with peers. We use a variety of activities and offer therapist support within each group to help facilitate successful peer interactions. Our skilled professionals will help utilize each child's strengths in order to help them achieve their maximum potential. Our groups are designed to make the most of the summer months by meeting twice per week for four weeks during the months of June and July. During each Playgroup, parents participate in educational guidance as they observe through the adjacent observation room, via one-way mirror, allowing parents to observe without their presence affecting their child's behavior. Parents enjoy seeing what occurs in Playgroup and learning skills that may be applied at home. A therapist or parent educator facilitates the parent observation.

Speech and Language Social Skills

Our Speech and Language Social Skills group is a four-week program that meets twice weekly for 60-minutes. This group is intended for children ages 24 - 48 months and will be led by an ASHA certified Speech and Language Pathologist. Parents participate in the Playgroup with their child in order to learn skills to take home and help increase their child's language and communication skills and increase social/emotional and school readiness skills.

School Readiness Program

In August, we are offering a one or two-week School Readiness Program. This group is designed to aid children in preparing for the transition to school. Therapists teach children classroom expectations and routines and provide support in transitions between activities. Children practice complying with academic tasks and activities in individual and group formats. The 3:15pm group is geared toward children ages 7 - 9 years and will have a STEM focus with daily projects to practice working together in groups. Parents participate in the first and last sessions via observation where a therapist will discuss topics related to your child's success in the school environment.

Specialty Groups and Clubs

We are offering a number of different groups geared toward specific interests for school age children (ages 7 - 10). Our Boys and Girls Clubs cover a variety of topics that are unique to kids this age such as playground politics, friendships, pro-social behavior, self-esteem, bullying, body image, anxiety, and managing difficult situations at school. Our Mindfulness Group provides children with coping skills, helps build their capacity for self-regulation, and assists children in gaining skills for more focused attention. A variety of topics will be covered including understanding what mindfulness is, learning to calm the body using breathing techniques, noticing the world around you by using your senses, and connecting to others, as well as practicing gratefulness and thoughtful kindness. Our Anxiety Group focuses on a Cognitive Behavioral Therapy skillset for managing anxiety symptoms (prior CBT experience required). Kids will learn coping skills to help manage anxiety and challenge worries.

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