



# PEDIATRIC THERAPIES SUMMER PROGRAMS

May 12 – August 1st, 2025

## FOR ALL AGES:



Physician referral + formal PT, OT and/or SLP evaluation required



Meet & Greet required for therapist/instructor to determine appropriateness

## INDIVIDUAL OUTPATIENT THERAPY ★

Occupational, Speech, and Physical therapies are offered year-round! Summer is a great time to focus on skills while not in school.

## YOGA ♥

- Individual Adaptive Yoga
- Caregiver & Child Yoga (5+ years old)



## AGES 6 AND UNDER

- SCHOOL READINESS GROUP ★
- OT CLUB ★
- KID'S CONNECT ★  
(SOCIAL SKILLS & EMOTIONAL REGULATION)
- YOGA GROUP ♥

## AGES 7-10

- OT CLUB ★
- KID'S CONNECT ★  
(SOCIAL SKILLS & EMOTIONAL REGULATION)
- YOGA GROUP ♥

## AGES 11+

- OT CLUB ★
- FRIENDS IN STEP ★
- WORK READINESS ★
- CAMP CONNECT ♥

Scan the QR code for more information  
or visit [www.abilitiesfirst.org](http://www.abilitiesfirst.org)





# PEDIATRIC THERAPIES SUMMER PROGRAMS

**May 12 – August 1st, 2025**

## **SCHOOL READINESS GROUP**

Age Group: 3-6 years; Weekly 1 hour sessions

This group provides learning opportunities to prepare children for kindergarten! Targets peer relationships, pre-academic skills, and basic fine motor skills needed for success in school.



## **OT CLUB**

Age Group: 5-13 years old; Weekly 1-1.5 hour sessions

This multisensory group is focused on success in every day activities such as self-care, skills for school; it's way more fun to work on hard things with friends!

## **KID'S CONNECT (SOCIAL SKILLS & EMOTIONAL REGULATION)**

Age Group: 4-15 years; Weekly 1 hour sessions

Using the Social Thinking Curriculum, this group provides the opportunity to learn how to interact with peers! Fun activities will be planned by the group to target flexible thinking, executive functioning, and following the group plan. Emotional regulation strategies within these activities will be addressed as conflict arises. This social group is best suited for children who are verbal.



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## FRIENDS IN STEP

Age Group: 16-25 years; Weekly 1.5 hour sessions

Friends in STEP focuses on promoting independence through a blend of practical life skills, social interaction, and recreational activities. The group emphasizes fun, active participation in various leisure activities, aiming to boost confidence and foster a sense of accomplishment in everyday life.



## WORK READINESS

Age Group: 16-25 years; Weekly 1.5 hour sessions

The work readiness group is an approximately 12 week program designed to train teens/ young adults in career exploration, job skills, and interview preparation. Program activities include identifying career interests, job skill training, workplace conflict resolution, and more!



## CAMP CONNECT

Age Group: 11 years old through young adult

Dates: June 9th-13th & July 7th - 11th (M-F 9a-2p)

Cost: \$1000 per week

Camp Connect is a five-day camp, led by Speech Language Pathologists, that serves as an engaging environment designed for teens and young adults with developmental disabilities. This camp supports the success of individuals in a safe and inclusive environment. Campers will engage in a fun, enriching week that builds skills for activities of daily living, community involvement, and social interactions with peers.



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# YOGA AT ABILITIES FIRST

## Group Yoga (weekly 45 min session)

Age Group: 5-10 years

This yoga class provides a small group setting to move through various aspects of yoga. Attention, breath work, regulation, and exercise will be addressed in this 12-week program.

\$80 for 4 sessions or \$220 for 12 sessions

## Individual Adaptive Yoga: (weekly 40 min session)

Age: All ages welcome

12 week yoga program for individualized attention to improve and address breathwork, regulation, muscle strength and flexibility. Program will be catered to your child's unique needs. Option to opt into a 6 week program.

\$500 for 12 weeks or \$250 for 6 weeks

## Caregiver + Child Group Yoga (weekly 30 min sessions)

Age Group: 5+ years old

Join us for a 3 month unique caregiver and child experience that focuses on bonding and fun through yoga activities, such as breathwork, partner poses, and co-regulation. This program is taught by an occupational therapist who is also a certified yoga teacher.

\$120 for 12 weeks

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## MORE INFO

Most therapy programs are covered by insurance, excluding Yoga and Camp Connect. Please contact your insurance company for more information.

Group placement will be determined through evaluation and availability will be dependent upon the number of registrations received.

For more program information or any questions, contact us at:

[intake@abilitiesfirst.org](mailto:intake@abilitiesfirst.org) or 513-423-9496 x226

Don't forget to check out our NEW summer camps in 2025!



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or visit [www.abilitiesfirst.org](http://www.abilitiesfirst.org)