

# Grow and Thrive!

## Wellness & Skills-Building Groups

Join our therapeutic programs to enhance communication, physical development, and teamwork skills. Led by experienced therapists, each session offers a supportive environment for growth and learning. Open to all in the designated age groups, these programs can complement other Therapy services.

## Superheroes in Training: Sensory, Strength, and Teamwork Adventures

Ages 4-6; Ages 7-10

Fall Session 2: **November 4-December 19, 2024**

### Ages 4-6:

- Mondays 2:15-3:45 p.m.
- Wednesdays 10:00-11:30 a.m.

### Ages 7-10:

- Thursdays 3:30-5:00 p.m.
- (no class on Thursday, 11/28)

This program focuses on refining vital movement skills such as jumping, running, and balancing, during superhero-themed activities that enhance sensory skills and gross motor development.

Each week, experienced Occupational or Physical Therapists lead various fun and dynamic exercises encouraging children to work together to solve problems and complete challenges.

Participants create their own super sensory pack—a personalized set of tools and items they can use to help manage sensory input and support their development.



**Register Today!**



 **easterseals**  
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**For questions, email [tbc@eastersealsma.org](mailto:tbc@eastersealsma.org).**