

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.

Tiny Voices, Big Words: Preschool Communication Boost (Ages 3-5)

Boost your preschooler's communication skills through fun, themed activities led by a Speech and Language Pathologist.

- Mondays 1:00-2:00 p.m.

Mighty Barnyard Buddies (Ages 3-5)

Enhance gross motor skills through barnyard-themed sessions led by a Physical or Occupational Therapist.

- Fridays 9:00-10:00 a.m.

Superheroes in Training (Ages 4-6; Ages 7-10)

Build sensory and motor skills through superhero-themed activities led by Occupational or Physical Therapists.

- 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.

Nourish & Flourish: Therapeutic Cooking & Nutrition (Ages 13-18)

Prepare balanced meals to improve motor skills and cognitive function, led by an Occupational Therapist.

- Mondays 4:00-5:30 p.m.

Speak & Succeed: Essential Skills for Young Adults (Ages 16+)

Master communication and job skills for career readiness led by Speech and Language Pathologists.

- Wednesdays 3:30-5:30 p.m.

Talk the Talk: Dating Edition (Ages 16+)

Build dating communication skills, navigate online safety, interpret nonverbal cues, and develop self-advocacy; led by Speech and Language Pathologists.

- Thursdays 3:30-5:30 p.m.

Empowered Care: Mind & Body Renewal for Caregivers & Parents

Practical strategies to help caregivers manage stress, prevent burnout, and maintain well-being through guided exercises, stretches, and relaxation techniques. Led by Occupational or Physical Therapists.

- Thursdays 1:00-2:00 p.m.



Register Today!



For more info, visit our [website](https://www.eastersealsma.org) or scan the QR code above.

For questions, email
tbc@eastersealsma.org.

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