

Family Achievement Center 2009 Summer Group Offerings

“LET’S GET READY TO READ”

July 6 to 16 & August 3 to 13, 2009

Mondays, Tuesdays, Wednesdays, and Thursdays

Ages: 5 to 6 years

Group One: 9:30 am -11:00 am

Group Two: 2:30 pm - 4:00 pm

Cost: \$300.00

Limit: Up to 5 children

Family Achievement Center (FAC) offers a "Let's Get Ready to Read" group for children ages 5 to 6 years. The group is intended for children who are having difficulties with early literacy skills such as letter-sound recognition, rhyming, and retelling stories. Topics for the group are taught using multiple learning approaches to meet the needs of children with different learning styles. Each session will incorporate one favorite children's storybook, an art project, snack, word play, and alphabet songs. During storybook reading, the children will be provided with print-focused cues. All activities will focus on skills necessary for beginning reading. Each group will meet for eight 1 ½ hour sessions for two weeks.

Please email Elizabeth at verstrea@hotmail.com for more information and to register for this group.

“MEALS, MINGLING, AND MORE”

July 6 to August 24, 2009

Group One: Ages 7 to 9, Mondays from 5:30 to 7:00 pm

Group Two: Ages 10 to 12, Wednesdays from 5:30 to 7:00 pm

Cost: \$300.00

Limit: 4 children per group

FAC's "Meals, Mingling, and More" group for children ages 7 to 9 and ages 10 to 12 will focus on mealtime as a social activity to practice social interactions and life skills. Group members will share responsibility for grocery shopping with the family prior to the session, meal preparation and clean-up, conversation, and game time activities. Skills which will be developed include, but are not limited to; initiating conversation, practice listening to others, giving appropriate responses, asking good questions to learn about others, reading verbal and non-verbal communication skills, personal boundaries, and considering events from another's point of view. Each group will meet for eight 1 ½ hour sessions for eight weeks. FAC will provide the first meal, with consecutive meals provided and shared by the families on a rotating basis.

Please email Karen at karenlj46@comcast.net for more information and/or to register for this group. If your child is on a special diet, it can be discussed at this time.

“YOGA”

July 1 to August 12, 2009 (No class on July 22)

Group One: Ages 5 to 7, Wednesdays, 4:00 to 5:00 pm

Group Two: Ages 8 to 11, Wednesdays, 5:00 to 6:00 pm

Cost: \$17.00 per class

Limit: 8 children per group

Many of us wish we could go back to the years of childhood when life seemed simple and the days carefree. But the truth is, children today are often experiencing the same stresses as their parents or caregivers. This FAC class will provide children with the tools to cope with the day-to-day demands of being a child in our busy society by teaching breathing and calming techniques while also developing a lifetime skill. Yoga has endless healing and transforming benefits. It also has incredible effects on the physical body as it strengthens and tones muscles, strengthens muscles fibers, improves coordination, and balance, improves attention/focus, flexibility/mobility, sequencing, and body awareness. The playful style of this class will facilitate self-exploration. Each child will be joyfully challenged to recognize their fullest potential while building self-confidence, self-esteem and creating a new awareness of their minds and bodies. Each group will meet for seven 1-hour sessions for seven weeks.

Please email Heather at: heather_foerster@yahoo.com for more information and to register your child for this class.

“LET’S WRITE, RIGHT”

June 15 to June 25, 2009

Follow-up Review date: August 5—please consult group contact*

Mondays, Tuesdays, Wednesdays, & Thursdays

Group One: Ages 4 to 6 preschool & Kindergarten: 12 noon to 1:30 pm

Group Two: Ages 7 to 8, entering 1st to 3rd grade: 1:30 to 3:00 pm

Cost: \$300.00 plus materials

Up to 6 children per group

FAC offers a "Let's Write, Right" group for children age 4 to 6 and 7 to 8 years. These groups are intended for children who are having difficulties with early handwriting skills. Handwriting skills will be taught using the “Handwriting Without Tears” curriculum by Jan Z. Olsen. Therapists will use this fun interactive curriculum, which helps children recognize body awareness, shape, and letter recognition and formation. Each group will meet for eight 1 ½ hour sessions for two weeks. An additional charge will be added for

individualized lesson plan practice books and materials. Parents will also participate in one session for home follow-through recommendations. *Please consult group contact regarding the follow-up review date plans.

Please email Jessica at jessica.tlougan@spps.org for more information and/or to register your child for this group.

“BEING A SOCIAL DETECTIVE”

June 23 to August 18, 2009 (No class on 8/4/09)

Tuesdays

Group One: Ages 6 to 9 years: 12:30 to 2 pm

Group Two: Ages 10 to 12 years: 2:15 to 3:45 pm

Cost: \$300

Limit: Up to 6 children per group

Become a social thinker! This FAC group is based on the work of Michelle Garcia Winner and addresses perspective taking skills, emotions, thoughts/beliefs, idioms, the 5 point scale, as well as relation strategies. Group participants will focus on the skills that go into playing a game with others, including being a good sport vs. poor sport, turn taking and accepting losing. Each child will work on becoming a social detective and figure out what it takes to be a smart social thinker.

Group objectives:

- Learn to take the perspectives of others through the use of talking and thinking bubbles
- Learn about and explore emotions and graduations of emotions
- Learn an idiom of the day
- Learn relaxation strategies
- Learn about the 5-point scale
- Learn the skills needed to successfully play a game with others
- Learn what it means to keep both your body and your brain in the group

Children in these groups must be verbal (able to answer questions and participate in a group) and not have extremely aggressive behaviors. Each group will meet for eight 1½ hour sessions.

Please email Tara at taratuchel@sbcglobal.net for more information and/or to register your child for this group.

“PLAY GROUP I.”

July 2 to August 13, 2009

Thursdays

Ages 4 to 6

4:00 to 5:00 pm

Cost: \$200.00

Up to 6 children per group

(If we get additional interest, FAC may add groups as needed.)

Family Achievement Center offers a Life Skills Play Group for children ages 4 to 6 years. The group is intended for children who are having difficulties or delays in development that impacts their ability to spontaneously play and socialize with peers. Topics for the group are taught using multiple learning approaches to meet the needs of children with different learning styles.

Topics addressed within the group include:

- Learning how to introduce yourself and interact together
- Learning how to follow schedules and rules
- Learning to take turns and share
- Learning to deal with frustrations and conflict
- Learning to make choices
- Learning basic conversation skills
- Learning to listen; learning social cues
- Learning to actively participate
- Cooperating with others
- Initiating play and joining in

This group is run on an eight-week private pay format with an occupational therapist and childhood educator. Each group lasts 50 minutes with an additional 10 minutes provided for parent/therapist communications.

Please email Leah at lwilcox@familyachievement.com for more information and to register your child for this group.

“PLAY GROUP II.”

June 23-August 18, 2009 (No class on August 4)

Group one: Ages 4-6, Tuesdays, 10:15 am to 11:45 am

Group two: Ages 7-9, Tuesdays, 12:30 pm to 2:00 pm

Group three: Ages 10-12, Tuesdays, 2:15 pm to 3:45 pm

Cost: \$300.00

Limit: 6 children per group

Many children with social problems, particularly children on the autism spectrum, face serious challenges learning how to play and socialize with peers. Autism is a complex condition that impedes children's spontaneous development of reciprocal social interaction, communication, play and imagination. Despite opportunities for play, these children do not naturally acquire capacities to pretend and coordinate social activities with other children.

This summer play group is geared toward children with autism spectrum disorders. In this group, we will focus on the symbolic dimension of play (how to play with toys/ dramatic play) as well as the social dimension of play (how to play with others). The use of scripts, typical role models and coaching will help children gain play skills. This group is based on the Integrated Play Group model by Pamela Wolfberg.

Pre-requisites: Limited verbal abilities okay, no aggressive behaviors.

*Plans for this group will be determined based on interest and need. Please contact Tara at: taratuchel@sbcglobal.net for more information.

*******Registration Process for all FAC Summer Groups*******

All groups will be held at Family Achievement Center, 8320 City Centre Drive, Woodbury, MN 55125. If you have any additional questions about any of our group offerings, please contact Family Achievement Center at 651-738-9888 or visit our website at:

www.familyachievement.com

Once you have emailed the appropriate group contact person and confirmed your child's participation, you may also print out registration materials on-line which can be found at www.familyachievement.com (see 2009 Summer Group/Camp Programs). Registration forms should be completed and mailed back along with your registration fee to Family Achievement Center, 8320 City Centre Drive, Woodbury, MN 55125.

If you have any questions about registration, please contact

Family Achievement Center at 651-738-9888.
Group offerings, dates and times may be subject to change.