

Emerge - A Child's Place
Pediatric Occupational & Speech Therapy Services

STAYING COOL 2010

**Developing coping skills for children with anxiety
6 thru 10 years old**

Staying Cool is an effective small Occupational Therapy group program focusing on developing coping skills and strategies with children demonstrating anxiety and/or stress in relation to school, change, peers and/or other aspects of everyday life. This program will include relaxation activities, music and movement, arts and crafts, feelings exploration, and cognitive/behavioral strategies. This program will be limited to 6 children per week and meets at our **Durham** office. It will be led by an occupational therapist and a graduate OT student.

- Goals include:**
1. Develop comfort participating in a small group setting.
 2. Identify feelings in different situations.
 3. Develop self-coping skills for dealing with stressful situations.
 4. Learn sensory based strategies that may reduce anxiety.
 5. Develop support system ('staying cool' bag with appropriate items) that can be used in the classroom, as well as home, to facilitate independent coping skills.

When: June 14 – Aug 9

Days: Mondays in Durham

Time: 3:00 - 5:00 p.m.

Cost: \$495 (We understand that your child may miss one or more weeks due to vacation. In order to keep the cost low, it is offered only as a flat rate with no make-ups or refunds.)

To register return form with \$250 deposit to reserve your child's spot. Please fill out the back of this form to provide us with information to better help your child.

Please register my child, _____, for the **Staying Cool** program.

My child will be attending _____ (school) in the fall. DOB: _____

Parents Name(s): _____

Address: _____

Phone #: (h) _____ (w) _____ (c) _____ Best time to call: _____

Does your child currently receive occupational therapy or psychological services? _____

Where? _____ **Or in the past?** _____

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I am interested in enrolling my child in the Staying Cool program because:

My child demonstrates anxiety/stress regarding:

Strategies that help my child:

List any sensory processing challenges that your child has:

List any diagnoses (formal or informal) that your child has:

List any dietary restrictions that your child has:
