

## Let's Get Organized: Executive Functioning Skills Group (Ages 7-10)

Over the course of 12 treatment sessions, children will participate in therapeutic activities to help strengthen their executive functioning skills to support greater independence in managing school and home activities such as self-care routines or homework. The group will focus on enhancing how children can build upon their organizational skills, focus and planning skills. Co-currently, the group will learn self-regulation strategies to support their confidence and success in meeting and accomplishing their daily tasks and activities.

### To Reserve a Spot:

- **For families who are currently receiving OT services:** Please email our clinic coordinator, Emily at [eo@littlehandsot.com](mailto:eo@littlehandsot.com) with your interest
- **For new families who have not received OT services:** To ensure appropriate peer pairings and group treatment goals, we require an initial evaluation. Please email our clinic coordinator, Emily at [eo@littlehandsot.com](mailto:eo@littlehandsot.com) to schedule an initial evaluation and complete our [OT Intake Form](#).
- **Sign up early, as group space is limited.**

**Day:** Thursdays, 4:30 pm - 5:15 pm

**Dates:** October 3rd - January 16th <sup>1</sup>

**Cost:** \$1,300 (Note: Superbills provided upon request)

- All 12 group sessions will be prepaid.
- Given the pacing of therapy activities in a group setting, we will not be offering make-ups for any missed group sessions.

**Duration:** Each course is 12 sessions long, occurring once weekly \*No Group on October 31st, November 28th, December 26th, or January 2nd\*

**Session Sign-Up Deadline:** September 26th

### Each week, Let's Get Organized will focus on building skills related to:

- Learning Strategies for Time Management
- Exploring sensory tools and cognitive strategies to support attention and concentration skills
- Learning strategies to manage complex sensory environments and develop impulse control skills
- Strengthening planning, sequencing, and organizational skills (Executive Functioning)
- Building social thinking skills and facilitating positive peer interactions to navigate dynamic and sensory-rich environments.
- Recommendations for supportive activities and/or strategies will be provided to parents weekly.

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<sup>1</sup> **NOTE: No Group on October 31st, November 28th, December 26th, or January 2nd.**