

Groups we offer



From Battles to Bites

Is Is mealtime a daily struggle? You don't have to figure it out alone. Guided by pediatric feeding experts, our course takes a whole-child approach to reduce stress and make eating enjoyable for your whole family.



Making Sense of Senses

Does bright light, loud noise, or intense texture make everyday life exhausting? You don't have to navigate sensory overload alone. This group helps you to understand your child's nervous system, triggers and helps to develop practical strategies for every day life.



Brain Boss

Master time management, organization, study strategies, and goal-setting to succeed in school and military life



The Regulation Station

Big emotions don't need to be overwhelming. Through interactive games, gentle movement, and child-friendly breathwork, our group teaches kids mindfulness basics and practical coping tools in a fun, hands-on space.



Ready, set, write!

Is handwriting causing frustration or tired hands? Writing takes core strength, fine motor coordination, and confidence! Led by experienced therapists, our group uses fun, multi-sensory games and crafts to build grip strength, improve legibility, and make writing fun again.



Deadline Dodgers

Back-to-School Executive Functioning Group. Organization systems, homework routines, planner/checklist habits, goal setting, managing multi-step tasks. Study skills



Unfiltered Expressions

An expressive art group to decompress, explore emotions, manage stress by learning coping skills,, build connection and make space for enjoyment



Mind Mappers

Support for kids with dyslexia, dyscalculia, dysgraphia, and other learning differences. Multisensory strategies, confidence-building, and connection with peers who learn differently.



Language Explorers

Build language skills for school and friendships through fun, interactive activities focusing on understanding directions, expressing ideas, vocabulary, and comprehension.



Speech Stars

Practice speech sounds, improve articulation, and build confidence in a fun, supportive group setting. Kids gain skills to use at school and home.



Reading Rangers

Help for kids who find reading and writing challenging. Builds decoding skills, fluency, comprehension, and writing confidence through multisensory activities.



For more information and to sign up

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