



Meeting Street

SOCIAL- EMOTIONAL REGULATION THROUGH MARTIAL ARTS – LEVEL I

MARTIAL ARTS is a therapeutic group that teaches participants the body and mind regulation that is essential for social interactions. Using structured teaching and visual supports, participants will learn group dynamics, social interactions, behavior monitoring, and self regulation. Small group instruction allows for individualized attention and parent consultation. Entertaining martial arts activities will engage your child and prepare them for social interactions in the community. Groups will be arranged based on ages and abilities.

MARTIAL ARTS will address:

- * Group dynamics
- * Social-emotional/Body regulation
- * Effective communication
- * Exposure to leisure interests
- * Comprehension of language
- * Relaxation and other self-monitoring techniques

MARTIAL ARTS will be lead by a Sensei and members of the therapy staff with knowledge and experience in Autism Spectrum Disorders. This is a developmentally based program that uses a multi-sensory approach accompanied by structured teaching strategies.

Where: Meeting Street

When: Tuesday evenings, 1-hour sessions

Payment Options: Billing Insurance with corresponding co-payments
OR
Self Pay \$75/week

The class is designed for children diagnosed with an Autism Spectrum Disorder or related communication disorders.

Space is limited! Registration deadline 9/18/09

To register or for more information, please call 401-533-9104