

Social Skills

PROGRAMS

LINWOOD LOCATION

2025 - 2026

LEGO Zone(Ages 7-11) *Monday 5pm-6pm*

Lego zone focuses on building teamwork and emotional regulation skills through LEGO projects. The group enhances skills such as flexibility, communication, problem-solving, and friendship-building

Social Zone(Ages 12-14) *Monday 6:15pm-7:15pm*

Lego zone focuses on building teamwork and emotional regulation skills through LEGO projects. The group enhances skills such as flexibility, communication, problem-solving, and friendship-building

Mindful Munchkins (Ages 4-6) *Wednesdays 5pm-5:55pm*

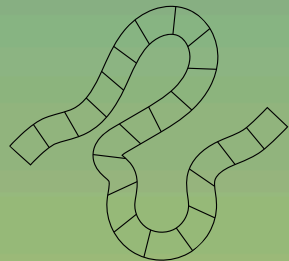
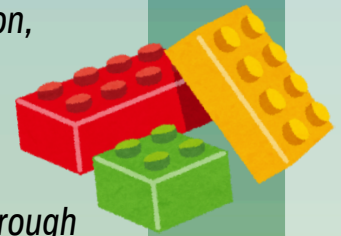
Mindful Munchkins is a 10-week group that helps children build emotional regulation, confidence, and self-control through fun, hands-on activities. Kids learn practical tools to manage big feelings and navigate everyday challenges.

The Brainy Bunch(Ages 7-11) *Wednesdays 6pm-6:55pm*


The Brainy Bunch is a fun and engaging 10-week group that helps children build focus, flexibility, and emotional regulation while learning tools to manage anxiety. With an emphasis on Executive Functioning Skills and Anxiety.

Playgroup (Ages 3-5) *Saturdays 9am-10am*

Our Saturday Playgroup is designed for children ages 3–5 years old to explore, play, and practice early social skills in a supportive environment!



Enroll Today!

 **Please inquire about enrollment & group schedules.**

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