



Footholds Group Summer 2015 Programs

Footholds Therapy Center is happy to announce a wide variety of four week group programs. Our programs are structured to offer programming geared towards children, tweens and teens with special needs (Autism, FASD etc) and other emotional and psychological challenges (Anxiety/Depression). Footholds group programs focuses on empowering children and youth by building social skills and self-esteem all while having lots of fun.

Artemis Space Group 9-16 Years - \$210

Go where no person has gone before. Join a crew on a virtual starship in a social and cooperative videogame: Artemis Spaceship Bridge Simulator. Work together and communicate effectively with your captain and crew to be calm, cool and successful in difficult situations. Engage!

Wednesdays, July 8 – July 29, 5:30-7:00pm

Employment Skills Group 14-18 Years (Co-ed) - \$210

This four week group will focus on and teach teenagers the necessary skills to prepare for employment opportunities. This group will address resume writing, job-search skills as well as pre-interview and interview skills. Social thinking concepts will be threaded into each lesson. Each learner will get a chance to explore their strengths and interests while developing the confidence to find and apply for jobs.

Tuesdays, July 7 – July 28, 5:30-7:00pm

Chef in Training Group 12-14 Years - \$275

This four week group will focus on beginners cooking skills. The group will learn about making healthy food choices, proper kitchen tool safety, and planning a meal. This group will also have a focus on communication skills, team work, building positive self-esteem within a safe, fun environment.

Tuesdays, July 7 – July 28, 5:30-7:00pm

Geo-Caching Group 10-14 Years - \$250

Do you like outdoor adventures? If so join us on a (GPS) treasure hunt throughout Nanaimo. Each participant will have the opportunity to pick a geo-caching location and lead the group with guidance from a staff member. This is a fun opportunity to get some exercise, practice leadership skills and explore Nanaimo. Maximum 4 participants.

Mondays, June 29 – July 20, 3:30-5:30pm

Sports Group 6 to 9 Years and 10 to 13 Years - \$210

This Sports group will focus on developing/improving gross motor and coordination skills to play and participate in organized sports. This four week program will encourage and challenge learners physically/mentally with a new sport each week. Sports activities will include everyday sports but with a twist: scooter board hockey, foot-volleyball and many more fun, team building activities.

Sundays, July 5 – July 26

6-9 years - 11:00-12:30pm

10-13 years - 1:00-2:30pm

Individual Art Therapy Sessions Available

Art Therapy is an opportunity for individuals to express and understand their emotions through artistic expression within a creative process. It provides a safe confidential space for individuals to process and heal. This client-centered approach allows individuals to process and express through the use of various art materials with no judgment. Anyone can benefit from individual or group art therapy.

Common uses for Art Therapy include:

Individuals with low self-esteem/self confidence

Individuals who are having difficulties at school (bullying, peer pressure)

Individuals who are having difficulties at home (parental divorce, sibling relationships, grief and loss)

Individuals with autism, depression, eating disorders, or high risk behaviours.

Individuals who enjoy art and are interested in learning more about themselves on a deeper level.

Benefits of Art Therapy use:

Allows individuals to gain a deeper understanding of their feelings/emotions

Allows individuals to safely work through difficult life experiences

Encourages healthy coping strategies

Allows individuals to safely communicate verbally or nonverbally their emotions

To develop self-awareness and reduce anxiety/stress

To stimulate the creative side of the brain, by improving ones physical, mental and emotional well being.