



Small Groups with **BIG** fun for 5-8 and 9-12 year olds
Providing support in the areas listed below

Emotional / Self Regulation
Social Skills
Sensory Exploration
Screen Time Strategies
Fine / Gross Motor Skills

Independent Living Skills
Health Eating and Fitness
Behavioral Strategies
Executive Functioning
And the list goes on

The Exceptional Me Program is designed and led by certified and licensed professionals with up to 30 years experience in a holistic approach to individuals. Sessions are currently running in our 10,000 sq foot clinic located in Lexington, NC providing a unique small group experience offering opportunity and support to children and families. Although it is led by professional Occupational therapists and Assistance, this service is not covered by Ins.

Structure of the Exceptional Me Program

After completion of the introductory 8 week group called 'All About Me' which is designed to prepare participants for the groups to follow by promoting self awareness, regulation, problem solving, working together, communication skills, good direction following, and development of group dynamics, your child may continue benefiting by signing up for additional 8 week groups including:

"Healthy Me"

Self-exploration group with training provided on The Big 3 (Nutrition, Exercise, and sleep) learning about healthy eating, activity level, screen time, sleep, cleanliness, and other topics that promote health and wellness. Including individualized goals for your child.



“Social Me”

Small group training is provided during real life activities and situations to build self-confidence and learn social skills including manners, taking responsibility, sharing, showing empathy, and working with others successfully.

“Sensory Me”

Small group training is provided with exploration of each child’s sensory profile. Sensory activities will be completed for each child to explore their likes and dislikes, as well as learn sensory strategies to complete for self-regulation and improved attention.

Other

More groups will be offered to provide year round support as well as summer sessions

Each group includes

- | | |
|-------------------------------------|-------------------------------------|
| Weekly supporting crafts / projects | Take home tools for success |
| Educator / caregiver education | Opportunity for continuation |
| Group discussion | Certificate of attendance |
| Seasonal activities | Flexibility to support participants |

GROUPS: Text or call for class times and dates: Patricia Miranda 336-250-9858

Morning and afternoon groups available

- 5-8 year olds (capped at 6)
- 9-12 yr olds(capped at 8)
- Teens TBA

COST: Free registration !!

All groups meet for 2 hrs once a week for an eight week commitment

- Public sign up, \$75 per 2hr meeting totaling \$600 for 8 weeks

-**Homeschool families** \$60 when signing up due to a homeschool group post

-OT4 Kids Special: If your child is a past client or a current client at OT4kids you qualify for a very special discount. Please text **336-250-9858** to inquire.

To apply/ register: Please text **336-250-9858** of your intent to join or for more info. Click the box below for the application, attendee information form, payment agreement, and the link for the deposit of \$100 to secure your child’s spot. Testimonies from Moms below.



TESTIMONIES

Hello, Ms Patty. I want to thank you for all that you are doing for our children taking this course. Spencer has issues with ADHD, anxiety & a mood disorder, which make normal activities difficult for him. I had him see a counselor in the past, trying to help him learn coping skills for his anger & depression, etc. I really did not see any change in him throughout that time. Spencer just had his 4th class with you & I can already see improvement. He told me this morning that he looks forward to Monday mornings! I love that you are helping them to identify emotions through colors & incorporating music, as well. Today's class, with the Escape Room, was so creative! Spencer struggles with staying focused, is easily distracted & impatient. I love how you are using something so fun, to help them develop those needed skills. I definitely would like to see him improve in those areas. Spencer feels comfortable with you, & enjoys being with other children that are dealing with similar issues. I think it makes him feel "normal", knowing that he is not alone in his struggles. This class has truly been a blessing for us. We hope that others will be able to benefit from the program that you have lined up.

Sincerely,
Jennifer VanSchoick

My son had the privilege to take part in the 8 week Exceptional Me group class at OT4Kids with Miss Patty. Being in a small group setting to practice team building, coping skills, and learning to identify how he is feeling has made a great impact on how he communicates with us. He has a better understanding of how different things have an effect on his body. A few things we have noticed as well is he is taking more interest in others' needs and emotions. Daily he will ask us how we slept, or how our day was. He has been so thoughtful and asks if he can help with different activities more than before. Also during a current sickness he better communicated his needs and was able to express how he was feeling better than before. This is so important since he has serious food allergies as well. Overall, seeing our son progress and learn these regulation tools and being able to identify why he is feeling a certain way has been such a blessing. Many of these skills are things that even many adults struggle with in day to day life. I am so happy he is on a path now that will help him for years to come. We are so thankful to OT4Kids for helping our sweet boy be the best version of himself and learn the things that sometimes come easy for others but can be a struggle for him. Miss Patty and Mr. Mike truly have a passion for these kids and it shows in the progress that they make every week. From the bottom of our hearts thank you for all you do!

Sincerely,
Wendi and Robert Davis



My son worked closely with Patty M. over these past 8 weeks for their " Exceptional Me " program.

He was placed in a small group setting and presented each week with tasks that only could be completed by executing good emotional responses. The children were never left to fail. Patty M. worked with each child and helped them learn these skills so that each individual could move on to succeed.

I have good faith that everything my child learned will become a great skill In the coming years and I look forward to future learning with Patty M. And OT4Kids.

Sincerely,
Seeley Zeggert