

summer **Children's** PROGRAMS & **camp**s

peek inside to learn more about
our summer program offerings...



June 11 - August 9
Registration March 5 - May 31

(unless otherwise noted)

Welcome!

Thank you for your interest in CP's summer programs and camps. Our goal is to provide a positive experience for your child, while encouraging them to reach their full potential within a safe and engaging environment. Programs focus on furthering a child's development in:

Communication

Feeding

Sensory processing

Flexibility

Self-care skills

Social skills

Mobility

Relaxation

Language

Recreation and leisure skills

Fine motor skills

Balance and coordination

Classes, Registration and Payment

Programs run from June 11 - August 9, unless otherwise indicated. There are no groups July 2 - 6. Each group meets once a week, with the exception of our camp offerings. Groups run for 60 or 90 minutes to accommodate increased activity and/or community outings. See individual group listings for details. **Children may enroll in more than one group.**

Registration is in-person only. Please see our Client Services Representative, Abby, for assistance. Early enrollment is recommended.

Cancellations: Occasionally, a group is canceled because of insufficient enrollment. Participants will be notified in advance if a group will not be held.

Payment is due at the time of registration and can be made by cash, check (made out to Cerebral Palsy, Inc.), or credit card (Visa, MasterCard or Discover).

If your child is enrolled in your county's waiver program, your case manager may request information on each group and/or camp session to determine if the county will cover the cost. You are required to contact your case manager before enrolling your child in summer programs. CP requires that you provide a document of approval from the county, or the county can send the waiver to us directly.

Attendance and Refund/Credit Policy

If your child is unable to attend a scheduled session, please call CP at (920) 337-1122. **No refunds or credits will be given.** Waiver money is restricted to specific groups and cannot be transferred to another group or camp should your child withdraw.

How do you know if your child could benefit from summer programs?

Our groups address a variety of needs. A medical diagnosis is not necessary to participate. Indicators to consider include:

- Easily distracted
- Impulsivity
- Hyperactivity/physical restlessness
- Reacts to loud noises
- Clothing is irritating or unbearable
- Won't touch or taste certain foods
- Has trouble communicating
- Has trouble building relationships
- Has trouble with social skills
- Displays balance and coordination difficulties
- Has difficulty with hand writing, fine motor construction
- Has limited interest in recreational and leisure opportunities



Other Information

Down on the Farm/**Horse BAC (Balance & Coordination) Riding** is held at the Rock'N W Ranch in De Pere. Families are required to provide the transportation.

Group facilitators include CP's physical, occupational and speech-language therapy staff. Additional support from assistive technology specialists, programming aids, service coordinators and volunteers enhance the overall group experience.

You are invited to tour our facility prior to enrolling your child in summer programs. Our highly trained and experienced staff is available to answer your questions and share their strategies for successful outcomes.



Balance & Coordination

Yoga

This class will take place in CP's Sensory Center to allow for a calm and relaxing environment. Occupational and physical therapists will lead pre-teens and teens looking to improve their balance, body awareness, postural control, strength and/or coordination through basic yoga sequences while monitoring their form and safety. We will begin with basic sequences and increase in difficulty as class abilities improve throughout the course. Yoga is an effective strategy for those who struggle with higher level balance, coordination and strengthening. We provide a safe place to practice and improve upon those areas with age-level peers.

Children's Objectives - after participating in the group, children will:

- Improve their coordination, postural control and body awareness in order to participate in higher level coordination activities at school
- Improve static and dynamic balance to decrease their clumsiness and risk of falling
- Improve peer interaction, self-esteem and social skills through shared experiences

Parent's Objectives - after participating in the group, parents will:

- Identify a potential new recreational option
- Gain strategies to further advance their child's balance and coordination skills at home

Open to Ages 7 and up

Wednesdays, 4 - 5 pm

June 13 to August 8 (No class July 2 - 6)

Cost for 8 week session: \$160



Feeding & Swallowing

Our speech-language pathologists and occupational therapists collaborate to determine why your child is experiencing difficulty when eating and/or drinking. Adequate nutrition and hydration of age appropriate foods/liquids support growth and development.

PEA Group

Picky Eaters Anonymous (PEA) is aimed at helping a child become less anxious and more accepting of new or non-preferred foods. The group will help decrease anxiety around food by beginning with a sensory motor warm-up and using peer models in a non-threatening environment. Children will be encouraged to explore a variety of textures and flavors at their own pace. Parent education and resources will be provided to improve feeding behaviors at home. Please note: there are two separate age specific groups offered.

Children's Objectives - after participating in the group, children will:

- Have increased willingness to explore foods on their hands and in their mouths
- Develop more mature feeding patterns
- Have decreased anxiety related to food and mealtime

Parent's Objectives - after participating in the group, parents will:

- Identify behavioral cues
- Know how to create a friendly mealtime experience
- Know how to involve the child in meal planning and preparation

Preschool Age (2-5 years old)

Wednesdays, 11 am - Noon

June 13 to August 8 (No class July 2 - 6)

Cost for 8 week session: \$160 (includes cost of food)

School Age (6-10 years old)

Tuesdays, 4 - 5 pm

June 12 to August 7 (No class July 2 - 6)

Cost for 8 week session: \$160 (includes cost of food)

Motor & Recreation Skills

Building Blocks/Skillbuilders Program

An Occupational Therapy Assistant and Physical therapist will use a collaborative approach to facilitate successful completion of coordination activities (i.e. throwing, catching, kicking, and clapping) needed to increase rhythm, coordination, and balance. Improvement in timing and coordination will allow for increased participation in group sports (i.e. basketball, baseball, volleyball, Frisbee and soccer).

Children must be:

Able to follow directions

Independent with mobility

Willing to participate in group activities

Children's objectives - after participating in the group, children will:

- Demonstrate improved timing, fluidity, and sequencing of movement patterns
- Have fun learning how to play games and improve skills
- Improve upper and lower body coordination

Parents objectives - after participating in the group, parents will:

- Be given ideas for home program and activities
- Identify rhythmic activities

Open to Ages 8 and up

Tuesdays, 10 - 11 am

June 14 to August 9 (No class July 2 - 6)

Cost for 8 week session: \$160

Sensory Integration at CP

Through a comprehensive, sensory based approach our occupational therapists and speech-language pathologists collaborate to help children develop purposeful adaptive responses to sensory input. For some, sensory information in the form of touch, sound, smell or the feeling of movement is somehow lacking in interpretation and inappropriate responses occur.

Sensory-Social Group

This group promotes integration of sensory/motor skills which facilitate functional use in activities of daily living. Varied activities advance bilateral integration, eye/hand coordination and overall motor planning while encouraging social communication. Parent education and resources will be provided. Please note: there are two separate age specific groups offered.

Children's Objectives - after participating in this group children will improve:

- Acceptance, enjoyment and participation in sensory experiences
- Awareness and perception of sensory input with peer interaction
- Attention span and decrease activity levels
- Auditory comprehension and overall expressive language skills

Parent's Objectives - after participating in the group, parents will:

- Identify behavioral cues
- Use strategies to foster sensory processing/response effectiveness
- Identify sensory activities for whole family participation

Preschool - Elementary School Age (2 ½ -5 years old)

Mondays, 9 - 10:30 am

June 11 to August 6 (No class July 2 - 6)

Cost for 8 week session: \$220

Preschool - Elementary School Age (2 ½ -5 years old)

Wednesdays, 8:30 - 10 am

June 13 to August 8 (No class July 2 - 6)

Cost for 8 week session: \$220

School Age (6-12 years old)

Thursdays, 3:30 - 5 pm

June 14 to August 9 (No class July 2 - 6)

Cost for 8 week session: \$220

Strength & Endurance

Down on the Farm/ Horse BAC (Balance & Coordination) Riding

Programming for this group will be held at the Rock'N W Ranch in De Pere.

An occupational and physical therapist will use a collaborative approach to facilitate balance, coordination, body awareness, strength, endurance and motor planning opportunities through ranch/farm-based exploratory activities. Participants will get hands-on experience at a local ranch setting including interaction with horses, other animals and nature.

Horseback riding is an important part of this program. Horseback riding will occur during two sessions, and addresses balance, coordination, and social interaction with animals. Riders are assisted by volunteers to play games and perform activities while on horseback. The horses: Lag, Espen, Robin, and Luna, were all a part of this program last year. Along with activities in the other sessions, your child will have the experience of horseback riding.

Children's Objectives - after participating in this group children will:

- Improve strength and endurance in order to participate in higher level coordination activities at school and in the community
- Improve their dynamic and static balance to decrease risk of falling
- Participate in group setting with peers using shared experiences
- Gain confidence in movement and trying new activities
- Have fun in a beautiful, serene, outdoor setting with interaction with animals including horses and llamas

School Age (4 years and older)

Tuesdays, 4 - 5 pm

June 12 - August 7

(No class July 2 - 6)

Thursdays, 9 - 10am

June 14 - August 9

(No class July 2 - 6)

Cost for eight, 60 minute sessions: \$200

Requirements: A medical and liability release must be on file prior to participating. CP will provide releases. Families are required to provide transportation.

Rock'N W Ranch is located at 4600 Heritage Heights Road, De Pere. Owned and operated by Dave Wouters, CP board member.

Extended Camp Experience

Has your child been struggling to reach goals in a specific area?

Is your child on the brink of new motor skills but hasn't made the leap to mastering them?

Do you feel like your child has potential in a certain skill that hasn't yet been unlocked?

Have your child's motor skills hit a plateau?

This intensive, two week camp experience may be for you!

Functional Skills Camp/Intensive Sensory Camp

Our Functional Skills Camp will meet eight times over a two week period.

Camp utilizes an intensive individualized therapeutic approach aimed toward children with neurological impairments who would like to gain motor skills in a very specific functional area. This camp will be led by an occupational therapist and physical therapist, both of whom are trained in Neurodevelopmental Treatment (NDT). Parents will be involved in a short conference on the last day to find out what their child has learned in camp and to learn strategies for home based activities.

All children signed up for camp will be screened by a therapist to ensure this is an appropriate avenue and to discuss your specific goals. Innovative and functionally based techniques will address:

- Improving postural control
- Increasing strength
- Improving bilateral integration (improving coordination on both sides of the body)
- Improving balance
- Increasing body awareness
- Improved fine motor skills
- Adaptations provided in order for child to best reach maximum potential

Continued on next page

Extended Camp Experience, cont.

Each child will be assigned a camp “buddy” who will assist them in the completion of the activities. Camp buddies will be provided through CP’s volunteer program. Volunteers may include students who are studying to become a physical therapist, occupational therapist or speech-language pathologist. A snack will be provided.

Open to Ages 5 and up

Two week camp runs Monday - Thursday,

8:30 - 11:30 am

August 13 to 16 AND

August 20 to 23

Cost: \$425



Additional Programs

If you are interested in any of the following programs, please contact us. If we receive sufficient enrollment we will offer these programs. Please contact CP at (920) 337-1122 to add your name to the interest roster. Dates and times will not be established until the level of interest is known.

BIKE: Bringing Independence to Kids Everywhere

Using a variety of equipment, teaching strategies and opportunities for sustained practice, our clinicians will facilitate the successful acquisition of new skills. Direct training, practice and family consultations are included. Each participant will be paired with a BIKE buddy to maximize safety. This class is held in one week increments.

Open to Ages 8-18 years old

Cost for five, 90 minute sessions: \$180

GPS: Group Participation Skills

Through video modeling and peer interaction, GPS is designed to increase social skills through communication and shared experience. Participants develop topic maintenance, story-telling skills, sequencing skills and conversational strategies through asking and answering questions.

Open to Ages 5-7 years old

Cost for eight, 60 minute sessions: \$180

TASC: Talkers and Social Communication

This group is designed to maximize utilization of communication devices* in functional settings. Parents participate by programming pre-selected vocabulary specific to each activity's objectives.

Open to ages 5-7 years old

Cost for eight, 60 minute sessions: \$180

*CP does not provide the communication device.

We are CP

CP believes that everyone should be celebrated for who they are, regardless of ability, and that every person deserves to reach their full potential. We do this by developing purposeful, innovative programming for infants, children and adults - with and without permanent disabilities - that promotes independence and personal accomplishment while developing important, daily life skills.



CP
2801 S Webster Ave, Green Bay
(920) 337-1122
wearecp.org