

CLUB ALLIANCE

EMPOWERING CHILDREN TO MANAGE EMOTIONS & BECOME
SOCIAL ROCKSTARS

**SPRING
SESSION:
STARTING FEB.
23RD, 2023**

CHILD GROUP*: In Person at
AP, Thursdays 4:30pm-
5:30pm

PARENT GROUP: Via Zoom,
Thursdays 12pm-1pm

*Children should be able to learn in
a group setting without needing
additional adult support

**Registering Ages
8 - 12**

**10810 Darnestown Rd, Ste 201
North Potomac, MD 20878**

Out of network benefits may cover a
portion of the camp. Tuition may
qualify for HSA & Flex Spending
Accounts. LISS funding possible.



At a Glance

Our weekly 60 minute sessions include a parent component as well as a child component, which allows for the generalization and application of skills to the home environment. Please keep in mind there are weekly social-emotional tasks that are given to the parent (social coach) and the child. This is an integral part of the success of the program.



Interest Form

More information & to enroll:

club@alliancepediatrics.com

WHAT TO EXPECT

LESSONS BY LICENSED CLINICIANS

WEEKLY LESSON TOPICS

IDENTIFYING OUR STRENGTHS & GOALS
RECOGNIZING EMOTIONS IN OUR BODIES
FACE & BODY CLUES OF VARIED FEELINGS
DIFFERENT INTENSITIES OF EMOTIONS
INDIVIDUAL TRIGGERS FOR BIG EMOTIONS
HOW THOUGHTS RELATE TO EMOTIONS
SELF CALMING STRATEGIES
BENEFITS OF NUTRITION & EXERCISE
DEALING WITH TEASING & BULLYING
DIFFERENT LEVELS OF FRIENDSHIP
JOINING & SUSTAINING PLAY
CONFLICT RESOLUTION FOR SOCIAL ISSUES
CONVERSATION SKILLS

FRUSTRATION-FREE LEARNING

Throughout Session:

THE GROUP PRACTICES:

MINDFULNESS
DAILY GRATITUDE
CULTIVATING A GROWTH
MINDSET

- *Scribing & other modifications
- *Multi-sensory learning
- *Role play each day

WHAT PARENTS HAVE TO SAY

PARENTS AND CHILDREN GIVE US GREAT FEEDBACK ON OUR STAFF AND THE PROGRAM. WE STRIVE TO INCORPORATE PARENT AND CHILD INPUT IN ORDER TO CREATE AN OPTIMAL EXPERIENCE FILLED WITH GROWTH WHILE HAVING FUN!

“

THIS MADE A HUGE IMPACT ON MY SON AND WHERE HE IS TODAY. HE WAS IN A VERY FRAGILE STATE AND IT TAUGHT HIM SO MUCH ABOUT RECOGNIZING HIS EMOTIONS AND HOW TO MANAGE THEM. IT REALLY WAS A TURNING POINT FOR OUR CHILD AND WE ARE FOREVER GRATEFUL TO ALL THE STAFF.

“

I WOULD RECOMMEND THIS TO ANYONE, IT WAS THE BEST INVESTMENT WE COULD HAVE MADE FOR OUR CHILD.

“

AMAZING. THE STAFF ARE SO HIGHLY SKILLED AT KEEPING THE CHILDREN ENGAGED, WHICH OF COURSE INCREASES THE AMOUNT OF INFORMATION THEY LEARN. THEY'RE ALSO ADEPT AT MEETING KIDS WHERE THEY ARE.

“

I COULD GO AND GET SOME WORK DONE, KNOWING THAT SHE WAS BOTH HAVING FUN AND ACQUIRING USEFUL SOCIAL-EMOTIONAL TOOLS. THANK YOU!

“

MY CHILD LEARNED TECHNIQUES TO HELP REGULATE HIMSELF WHEN HE GETS ANXIOUS. SINCE HE WENT TO SEVERAL WEEKS HE IS REALLY ABLE TO APPLY THE SKILLS HE LEARNED TO REAL LIFE SITUATIONS.

“

I CAN'T SAY ENOUGH GOOD THINGS ABOUT THE STAFF. WE ARE FOREVER GRATEFUL.