



turn to us!

Typically, individuals with developmental disabilities and their families find navigating the educational and service systems to be both challenging and frustrating. We offer opportunities to connect with agency, community, and home supports that lead individuals of all ages down a road to happier, more independent lives.

We offer a free consultation to professionals and to families to begin to put the pieces together by determining the supports that may lead to increased independence and future success. Training and support are at the heart of what we do and many of our support groups are free!

Stay in touch and share our events by ***subscribing to our monthly professional e-news on our website:***
www.spectrapacom.com.



475 Lawrence Road, Broomall, PA 19008, 484-450-6476

**SOCIAL SKILLS
GROUPS**

**PARENT TRAINING &
SUPPORT**

**SIBSHOPS/
SIBLING SUPPORT**

**INDIVIDUAL/GROUP
THERAPY**

FAMILY NAVIGATION

**GROUP SOCIAL
EXPERIENCES**

**TRANSITION/
CAREER SERVICES**

FAMILY NAVIGATION

**PROFESSIONAL
TRAINING**

INTERNSHIPS

SUPERVISION

GROUP OFFERINGS

FOR CHILDREN

COME PLAY WITH ME! 4/26-6/21 AT 11 AM SATURDAYS

AGES 3-6 OR 7-9 (separate groups) with anxiety, sensory issues, and/or autism or related disorders

This therapy group is for those with good language skills that explores the pragmatics of language and social interactions. Using a social thinking model and integrating music and play, this group is co-led by a music and speech therapist.

YOGA EXPLORERS! 3/31- 5/12/14 AT 4:15 MONDAYS (other dates to be added)

AGES 4-6

Yoga and play work together to provide 4-6 year olds with opportunities to build body awareness, emotional regulation, strength, balance and more.



FOR TWEENS

FREE TO BE ME! 4/26-6/21 AT 12:45 PM SATURDAYS

AGES 9-13 with anxiety, sensory issues, and/or autism or related disorders

This therapy group is for pre-teen and middle school students. The goals of this group are to support the development of participants' self-confidence, positive self-image and management of anxiety as they apply to social situations.

FANTASY BASEBALL 4/26-6/21 AT 6:15 PM THURSDAYS

AGES 9-13 with anxiety, sensory issues, and/or autism or related disorders

This group integrates typically-developing individuals into a fun weekly opportunity to do mock ESPN sportscasts as well as adjusting a fantasy baseball roster. Great opportunity for baseball lovers and those not connected to sports to focus on what typically-developing peers are chatting about.

MULTIMEDIA MANIA 4/26-6/21 AT 5 PM WEDNESDAYS

AGES 11-14 with anxiety, sensory issues, and/or autism or related disorders

This group is for those who love technology. Participants work on producing a CD and utilize various music therapy to encourage the development of perspective-taking, compromise, assertion, and general social skills. Group will use video, iPad, iPod, Garage Band app and many more technology-based media.

TWEEN STRESS/ANXIETY MANAGEMENT GROUP 4/1-6/4 AT 5 PM

Join us for this new group for teens/adults to learn anxiety management techniques from a sensory perspective.

FOR TEENS

WHO I WANT TO BE!

AGES 14-18 with Social Challenges or/ Intellectual Disabilities (separate groups). These groups focus on preparing adolescents for the school to work transition. Music therapy goals focus on supporting the development and maintenance of adolescents' organizational skills, social cue awareness, and management of anxieties. Technology and music are integrated to help participants have fun while being engaged.

TIME TO BE ME! *mondays at 10:30 am (additional times in the summer)*

for transitioning teens (ages 18+)

This group focuses on helping transitioning teens and young adults manage their school to work transition by developing their executive functioning skills. Groups will be matched according to abilities and needs. Group will focus on supporting the development and maintenance of adults' organizational skills, social cue awareness, personal awareness, and management of anxieties.

THERAPEUTIC SOCIAL GROUP FOR YOUNG WOMEN *SUNDAYS (April 13, May 18, June 8)*

FOR TRANSITIONING TEENS/ YOUNG ADULTS (AGES 16+)

This group focuses on helping young women with social challenges find support for the issues that are unique to them.

TEEN/ YOUNG ADULT STRESS/ANXIETY MANAGEMENT GROUP 4/1-6/4 AT 4 PM WEDNESDAYS

Join us for this weekly group for teens/adults to learn anxiety management techniques from a sensory perspective.

FOR PARENTS

MOMS WITH ADHD SUPPORT GROUP *BEGINS 04/07*

This group is for mothers who struggle with their own issues relating to focus, attention, and organization. No formal diagnosis required. Held monthly, first Monday of the month at 8 PM.



SINGLE PARENT SUPPORT GROUP *BEGINS 4/13*

Join other single parents with children with disabilities for some support and resources. Parents with shared custody challenges also welcome/ encouraged to attend. This is intended to build a community of support. Childcare is available.

SUPPORT & SOLUTIONS FOR PARENTS OF SPECIAL NEEDS ADULTS

2ND SUNDAY AT 5 PM, NEXT 4/13 AT 5 PM

FOR PARENTS OF SPECIAL NEEDS CHILDREN

2ND AND 4TH THURSDAYS AT 9:30 AM NEXT 4/10 & 4/24, OR 2ND THURSDAY AT 7 PM

Join us for one of these free support groups, to discuss hot topics. Check website for current topics. Childcare available for morning sessions.

FOR SIBLINGS

2014 SIBSHOPS *NEXT ON 4/13, TYPICALLY 2ND SUNDAY, 3-5 PM*

Join other kids and tweens who have the shared experience of being the sibling of an individual with a disability for an afternoon of fun...



FOR EVERYONE

OPEN HOUSES *4/7 & 4/13/14 1:00 – 3:00 PM*

Come check out everything Spectra has to offer you, your family, or those you serve. Ask questions, take a tour and check us out!



475 Lawrence Road, Broomall, PA 19008, 484-450-6476, www.spectrapa.com