



We are excited to announce the dates for the groups that will be run at The Stepping Ahead Clinic in 2017! The groups will be facilitated by our experienced therapists in our bright, spacious clinic, with an emphasis on building skills as well as having fun with peers!

DATES

January 2017

10th January 2017

Social Skill Groups (Duration: 6 weekly sessions: 50 minutes)

Cost: €240

Day: Tuesday

Time: 15:00- 16:00pm

Age Group: 5- 6 year olds.

Therapists: Jessica Kennedy and Sarah Kennington (Occupational Therapists)

18th January 2017

Social Skill Groups (Duration: 6 weekly sessions: 50minutes)

Cost: €240

Day: Wednesday

Age Groups:

8-9 years old (16:00-17:00pm)

10-12 years old (17:30pm- 18:30pm)

Therapists: Cliona O' Donovan (Speech and Language Therapist) & Ann Dunne (Occupational Therapist)

16th February 2017

Study Skills (Duration: 6 weekly sessions + a follow up session: 50minutes)

Cost: €240

Day: Thursday

Time: 17:30pm- 18:30pm

Therapists: Aisling Deasy and Jessica Kennedy (Occupational Therapists)

Outline: This group is for students in the Junior Cycle of Secondary School (1st- 3rd year) and aimed at developing effective study skills.

April 2017

18th-21st April

Easter Camp (Duration: Tuesday- Friday for 2hours each day)

Cost: €240

Time: 09:30am- 11:30am

Therapists: Jessica Kennedy, Sarah Kennington (Occupational Therapists) & Seamus O' Connor (Fitness Instructor)

Outline: Our Easter Camp will focus on developing a child's fine and gross motor skills, social skills and team- work through fun Easter themed activities and exercises.

26th April

Handwriting Groups (Duration: 6 weekly sessions: 50minutes)

Cost: €240

Day: Wednesday

Time: 14:30- 15:30pm ; (Script Formations: Senior Infants/ 1st class)

16:00- 17:00pm; (Cursive Formations: 2nd- 4th)

Therapists: Aisling Deasy and Ann Dunne (Occupational Therapists)

Outline: Our handwriting groups will focus on developing the child's hand strength, letter formations and written presentation.

2nd May 2017

Primary School Readiness (Duration: 6 weekly sessions: 50minutes)

Cost: €240

Day: Tuesday

Time: 14:30pm- 15:30pm

Therapists: Cliona O' Donovan (Speech and Language Therapist) & Jessica Kennedy (Occupational Therapist)

Outline: Developing key skills before transitioning into Junior Infants.

Secondary School Readiness (Duration: 6 weekly sessions: 50minutes)

Cost: €240

Day: Tuesday

Time: 16:30pm- 17:30pm

Therapists: Jessica Kennedy and Aisling Deasy (Occupational Therapists)

Outline: Feel prepared for September with this six week group which aims at developing the skills necessary for a smooth transition to secondary school.

4th – 7th July 2017

Summer Camp (Duration: Tuesday- Friday for 2hours each day)

Cost: €240

Time: 09:30am- 11:30am

Therapists: Jessica Kennedy, Sarah Kennington (Occupational Therapists) & Seamus O' Connor (Fitness Instructor)

Outline: Our Summer Camp will focus on developing a child's fine and gross motor skills, social skills and team- work through summer themed exercises and activities.

October 2017

4th October

Social Skill Groups (Duration: 6 weekly sessions: 50 minutes)

Cost: €240

Day: Wednesday

Age Groups:

7-8 years old (16:00-17:00pm)

9-10 years old (17:30pm- 18:30pm)

Therapists: Cliona O' Donovan (Speech and Language Therapist) & Jessica Kennedy (Occupational Therapist)

5th October

Handwriting Group (Duration: 6 weekly sessions: 50minutes)

Cost: €240

Day: Thursday

Time: 16:00pm- 17:00pm

Age Group: Cursive Formations (2nd - 4th class)

Therapists: Aisling Deasy and Ann Dunne (Occupational Therapists)

Outline: This group aims at helping students master the foundational steps of handwriting through individual support around letter formations, pencil grasp, hand strength, written content and presentation.

Study Skills (Duration: 6 weekly sessions + a follow up session: 50minutes)

Cost: €240

Day: Thursday

Time: 17:30- 18:30pm

Therapists: Aisling Deasy and Ann Dunne (Occupational Therapists)

Outline: This group is for students in the Junior Cycle of Secondary School (1st- 3rd year) and aimed at developing effective study skills.

31st Oct- 3rd Nov

Halloween Camp (Duration: Tuesday- Friday for 2hours each day)

Cost: €240

Time: 09:30am- 11:30am

Therapists: Jessica Kennedy, Sarah Kennington (Occupational Therapists) & Seamus O' Connor (Fitness Instructor)

Outline: Our Halloween Camp will focus on developing a child's fine and gross motor skills, social skills and team- work through theme based exercises and activities.

7th November 2017

Handwriting Group (Duration: 6 weekly sessions: 50minutes)

Cost: €240

Day: Tuesday

Time: 14:30pm- 15:30pm

Therapists: Jessica Kennedy and Sarah Kennington (Occupational Therapists)

Age Group: Pre-writing and script formations (Infants- 1st class)

Outline: This groups aims to help master pre-writing skills, encourage correct letter formations and develop hand strength.

Social Skill Groups (Duration: 6 weekly sessions: 50 minutes)

Cost: €240

Day: Tuesday

Time: 16:30- 17:30pm

Age Group: 5- 6 year olds.

Therapists: Jessica Kennedy and Sarah Kennington (Occupational Therapists)

Due to limited spaces, places will be given on a first come, first served basis. If you are interested in any of the groups for your child please contact us at the Stepping Ahead Clinic on 021 4304822 or e-mail: info@steppingaheadclinic.com.

There are also other groups available at the Stepping Ahead Clinic with Seamus O' Connor; Paediatric Fitness Instructor!

Seamus O'Connor: Paediatric Fitness Trainer

Kidzercise is specifically designed Paediatric Fitness Training. It was purposefully created by our Fitness Instructor in consultation with Paediatric Occupational Therapists at this clinic. With extensive experience working with children and teenagers with special needs, the aim of Kidzercise is to develop a child's strength, fitness, core muscle tone, posture and training in recreational and sporting activities. Kidzercise supports the child in having fun, developing social skills and peer interaction which improve self- confidence and motivation. Parents have reported that following this specific fitness intervention, their child's attention, concentration and ability to focus on learning had greatly improved. Duration: 10 weekly sessions.

Cycling lessons are completed in 1:1 sessions.

Sensory & Motor Groups/Joint Sessions: Facilitated by Seamus and an Occupational Therapist, these sessions work on developing both motor skill development and sensory processing. These groups are formulated on a need's basis; please contact the clinic for further information.

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