



EMPOWERING ALL INDIVIDUALS, PROVIDING HOPE, GROWTH,
AND INCREASED WELL-BEING FOR ALL FAMILIES

A young child with light brown hair is in a swimming pool, holding a large beach ball. The beach ball has yellow, white, and red segments. The child is looking towards the camera with a slight smile. The background shows the pool's edge and some pool equipment.

2023 PROGRAM BROCHURE

STCROIXTHERAPY.ORG | 715.386.2128

GROUPS

Groups are multi-week programs designed and led by physical therapists, occupational therapists, and speech-language pathologists. Participants will join their peers in activities customized to each participant's strengths and needs.

PRELITERACY SKILLS GROUP

This comprehensive group will teach letter names, letter sounds, and letter formation. Your child will learn to write and read these letters in fun activities throughout the summer with their peers.

LITERACY GROUP

In this group, your child will engage in fun, literacy-based activities to help grow and maintain their reading and spelling skills alongside their peers. It is highly recommended that your child participate in both the Literacy Group and Handwriting Group, as both of these skills are necessary for becoming a proficient and confident communicator.

HANDWRITING FOR LITERACY

This group will address handwriting and literacy to bring together the motor aspect of handwriting with the literacy component of spelling and writing. It is highly recommended that your child participates in both the Literacy Group and Handwriting group, as both skills are necessary for becoming a proficient and confident communicator.



Visit our website for more details about each group!

STORY TIME

Participants in this group will enjoy lively and interactive book readings, paired with videos, music, and art, to learn about various elements of a story: setting, characters, problems, feelings, problem solving, ending, and lesson. Each child will create their own unique bookmark and author/illustrate a book of their own.

SINGING FOR THE JOY OF IT

These sessions are designed for the whole family! You'll explore a variety of instruments, puppets, scarves, and other tools while using your voice to join in the songs! Music and songs will be appropriate for all ages. You'll learn skills to encourage the use of music in your own home and daily life to bring joy and connection to the whole family.

FEEDING GROUP

This group will use the SOS approach to feeding therapy to increase participants' comfort with a variety of food. This is designed for picky eaters to learn about the different properties of food and try new food in a systematic, fun, and non-stressful way.

ST CROIX THERAPY MUSIC FEST

Participants in this group will spend two sessions singing and playing instruments while learning rhythm and movements. The third session will take place at the Hudson Hometown Music Fest in September, where participants and staff will take the stage for a performance! This event attracts quite a crowd every year, with the proceeds from the 2023 event helping to support our clinic!

**SAVE
THE
DATE**

*St Croix Therapy's
Fundraiser for ALL Abilities*

04.29.23

Motivational Speaker and USA
Sport Stacker: Jesse Horn.
Activities, Food, and More



AQUATICS

Our programs are a place for your children to explore aquatics in a structured environment with fun and talented instructors - promoting the love of the water and learning to swim for a lifetime.

AQUATICS GROUP

Join us for interactive aquatic engagement with your child. This group will promote increased movement, relaxation, motor development, play skills, and social skills.

HOMESCHOOL AQUATIC PE CLASS

What do chariot races, volleyball, and Marco Polo all have in common? They're fun ways to be active in the water! In this class, participants will engage in structured group activities as well as free play and center-based activities with their peers.

OPEN SWIM

Open Swim is great for family time, peer interaction and swimming skills practice. Each session will include three activity stations that are easily adapted for each participant's needs and abilities. Adults can enjoy our warm therapeutic pool and hot tub while swimmers engage in fun water activities.

*Children who pass the water safety test do not have to be accompanied by a parent/caregiver in the pool.

SWIM LESSONS

These one on one swim lessons with a trained swim instructor are tailored to meet the needs of each participant. Lessons are offered for a full range of abilities, from those who are new to swimming to those who want to expand or improve existing swimming skills.

WATER EXPLORATION

These one on one water exploration lessons are provided by a trained therapy aide. Lessons are designed to increase participants' comfort and confidence in the water. Participants will be exposed to the pool in a fun, structured manner and learn new skills such as blowing bubbles, kicking, jumping in to the water, and safely exiting the pool.

PRIVATE POOL & SPECIAL EVENTS AVAILABLE UPON REQUEST

PARENT COACHING



KATHY BARRETT,
OTR/L & CERTIFIED PARENT COACH

St Croix Therapy's Coaching program is designed for caregivers, guardians, and parents of children of all abilities. Coaching sessions are specifically designed for families of intense kids and are appropriate for kids who may have disorders such as: Sensory Processing Disorder, or Oppositional Defiant Disorder. With Kathy's expertise, you will be provided with the tools, techniques and communication strategies to meet the needs of your kids and family.

Group Coaching - three-week coaching and educational groups will be offered 3 times throughout the year. These three-week programs will provide you with an opportunity to connect with other families, navigating parenting an intense child and receive coaching from a trained expert.

1:1 Coaching - eight sessions of 1:1 coaching will be offered over 16 weeks allowing families to practice tools and implement techniques discussed during 1:1 session with Kathy.

For more information or to register for St Croix Therapy's Coaching programs please call St Croix Therapy at 715-386-2128 or stop by our front desk.

PLAY & GROW

These sessions are designed and run by our Therapy Aid Coordinator & staff. Sessions include hands-on activities and lots of fun, with support to adapt activities to the needs of each participants.

FROZEN

Join in the fun while going into the unknown on our Frozen-themed scavenger hunt! You'll team up to make a perfect snowman, complete a Frozen craft, and much more while listening to our favorite songs from the Frozen movies.

ARTS & CRAFTS

Artists in this group will first follow directions in a step-by-step guided craft, then will use their imaginations to use the same materials to make a craft of their own. Come showcase your artistic abilities.

ONE IN A MINION CUPCAKES

Learn to plan and carry out a task like one of Gru's minions! Participants will make a grocery list, go to a mock grocery store, manage money while "buying" their supplies, and prepare Minion cupcakes as a team.

SPEED STACKING

Cup stacking is an exciting individual and team sport that promotes hand-eye coordination, dexterity, speed, and concentration. Participants will be introduced to this sport in a fun, supportive environment to promote life-long social and athletic skills.

MAD SCIENTIST

Come learn to be a mad scientist by making volcanoes erupt, raisins dance, and creating rocket balloons! You'll learn many important skills needed to be a great scientist – planning, measuring, predicting, making observations, and more.

DINO BONES

Participants in this group will become paleontologists as they dig for dinosaur bones!. Along the way, you will share your findings with your peers and learn more about dinosaurs and paleontology.

SENSORY PLAY

Sensory play enhances creativity and imagination while helping to reduce stress, promote a sense of calmness, and soothe anxiety. Participants in this event will create their own slime and sensory bottle to bring home.

BAKING STORY TIME

Participants in this event will work together to bake delicious muffins and create moose sock puppets. After the muffins are done, they'll get to enjoy the tasty snack while listening to a reading of If You Give a Moose a Muffin.

POWER UP FITNESS

This group is geared toward individuals of all abilities and will be packed with fun, friends, and fitness games. You'll participate in a fun fitness lesson and complete an obstacle course for a great "workout" no matter your ability level.

SPECIAL EVENTS

SUPER SIBLINGS

The siblings of children with special needs experience unique challenges and joys every day, they are "Super Siblings"! In this group, Super Siblings will connect and have the opportunity to share challenges and celebrate joys of being a Super Sibling while engaging in activities and games.

HORSES

St Croix Therapy and Walk On Therapeutic Riding are offering a two-day event!

Saturday April 15th join us at St Croix Therapy to learn about equine therapy with horse themed activities AND

Saturday April 22nd join us at Walk On Therapeutic Riding to learn how to brush, blanket and saddle the horses. See flyer for details.

COMING SOON

SPECIAL OLYMPICS

8 weeks of fitness, skill development, training and competition

OPEN MIC

For all abilities to share our talents

SAVE THE DATE

April 29th—365 B.I.G. Event

September 9th—Hometown Music Festival

November 18th—Croix's Got Talent