



# HEALTHY MINDS HEALTHY BODY INSTITUTE

## 2018 Summer Registration

Child's Name \_\_\_\_\_ BD \_\_\_\_\_ Age \_\_\_\_\_  
Grade in Fall 2018 \_\_\_\_\_ Circle: M F  
Address \_\_\_\_\_  
Street \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Parent(s) Names \_\_\_\_\_  
Best Phone \_\_\_\_\_ Second Best Phone \_\_\_\_\_  
EMAIL ADDRESS: \_\_\_\_\_@\_\_\_\_\_.\_\_\_\_\_  
New Client \_\_\_\_\_ Continuing Client \_\_\_\_\_

### GENERAL PROGRAM INFORMATION

Summer Programs focus upon group dynamics and positive social interactions. In conjunction with interactive activities, social skills such as compromising, problem solving, communicating, joining in, reading social cues, and, controlling feelings will be emphasized. **Summer Groups will meet once a week for 6 weeks. For new students, an intake interview is required.**

There are **no refunds or credits** for missed classes unless a therapist cancels. If a child's group therapist determines a program is not appropriate for a child, parents will be notified and a refund will be given for remaining classes or options to participate in a more appropriate program will be discussed with parents. **INITIAL** \_\_\_\_\_

### PROGRAM DESCRIPTIONS for our 7 SUMMER PROGRAMS

**Life Skills** is for preschoolers or TK kids planting the seeds for the importance of empathy, responsibility, patience, flexibility, effort, and, attention using hands-on activities.

**Friendship Club** is designed to meet the needs of children/teens demonstrating moderate - severe social challenges, who have been diagnosed with or, is suspected of a spectrum-type disorder. Particular attention will be given to the development of nonverbal and pragmatic language skills, perspective taking and empathy, conversational skills and thinking in a social way.

The **PALS/ Communication-Social Problem-Solving class, Girls and/or Boys Group** are designed to meet social needs of children/teens, who are exhibiting mild social interaction difficulties. Content and activities for programs are based with communication/conflict resolution in mind, social problem-solving and cooperation, with emphasis placed on typical gender issues for the Girls or Boys Group not focusing on gender itself. Bully behavior, insight, and, anger management activities are also a component and may include Zones of Regulation curriculum.

The **Junior PALS** programs are for children in preschool, kindergarten, and those entering first grade in the Fall. The focus is on self-control, problem-solving, dealing with anger/conflict/feelings, accepting change, respect, and, positive listening. The Zones of Regulation program may be incorporated.

The **Incredible Flexible You** program is for preschool through early elementary children to reinforce and cue for thinking in a social way. It follows a progression of adventures using consistent characters, learning about complex concepts that the children can identify and interact with.

The **Super-Flex** program developed by Michelle Garcia Winner. For children with moderate social delays, it puts unexpected social behaviors outside the individual so they might recognize it easier and builds strategies to use when the behavior "pops up" for that child. It reinforces thinking flexibly thereby accepting "bumps in the road" more easily and reducing melt-downs.

The **Have No Fear (HNF)** anxiety reduction program for all age students uses mindful cognitive behavioral therapy (MCBT) strategies and includes a home component.

**SUMMER Speech/Language** therapy is available weekly or bi-weekly provided by licensed SLP's.



REGISTRATION PROCEDURES

Upon receipt of your completed registration form and full tuition your child's name will be added to the class list and a confirmation letter will be e-mailed to you approximately 10 days before classes begin.

Full refunds are available if cancellation is received 7 days prior to beginning of Session. Failure to cancel will result in a \$50 service fee. All tuition checks are held until the first class of each session. There is a \$35 Service Fee for returned checks and for tuition not received by the first scheduled class.

STEP 1 – Indicate your child's age

- 3-4 (attending preschool in Fall 2018)
4-5 (attending preschool in Fall 2018)
5-6 (attending kindergarten in Fall 2018)
6-7 (attending first grade in Fall 2018)
7 – 9 (attending 2nd or 3rd grade in Fall 2018)
9 – 11 (attending 4th or 5th grade in Fall 2018)
11 – 13 (attending middle school in Fall 2018)
14 – 15
16 – 19

STEP 2 – Number your top 3 class choice in order of preference

- Life Skills
Jr. Pals or PALS
Super-flex or Incredible Flexible You
Friendship Club
Girls' Club/ Boys' Club
Communication/ Social Problem Solving
Have No Fear (anxiety reduction program)
Anger Reduction

STEP 3 – Choose preferred SECTION by marking 1st & 2nd choice

Indicate your 1st and 2nd choice for summer.

\*NOTE: If your child is continuing, the date and time will be similar to the Spring 2018 session.

- Section 1: June 19 – July 31 Tuesday (6/19, 6/26, 7/10, 7/17, 7/24, 7/31)
Section 2: June 20 – August 1 Wednesday (6/20, 6/27, 7/11, 7/18, 7/25, 8/1)
Section 3: June 21 – August 2 Thursday (6/21, 6/28, 7/12, 7/19, 7/6, 8/2)

There will be NO GROUP during the week of July 1 – July 7th.

NOTE: ALL PROGRAMS ARE SUBJECT TO CANCELLATION or CHANGE OF DAY or TIME



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## **STEP 4-** Choose preferred **TIME** by marking 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> choice

Please note, we do our best to accommodate family requests; however, **we cannot promise that you will get your first or even second choice for times.**

Below are blocks of time that groups can be held. Once registrations are in, a 50 or 65 minute time frame will be given. Please pick at least one **PM** slot. **KAISER members-** your groups are 50 minutes.

If you have no preference- LEAVE BLANK

\_\_\_ 9:00 – 11:00 AM    \_\_\_ 10:00 – 12:00 PM    \_\_\_ 11:00 – 1:00 PM

\_\_\_ 12:00 – 2:00 PM    \_\_\_ 1:00 – 3:00 PM    \_\_\_ 2:00 – 4:00 PM

\_\_\_ 3:00 – 5:00 PM    \_\_\_ 4:00 – 6:00 PM    \_\_\_ 5:00 – 7:00 PM

If your child is returning, their time will be on the same day around the same time as in the Spring

## **STEP 5** –

Mail Registration & Full Tuition (see next page) to:

Dr. Theresa Johnstone  
Healthy Minds Healthy Body Institute  
18 Crow Canyon Court, Suite 225  
San Ramon, CA 94583

Email: [SmilingMinds@sbcglobal.net](mailto:SmilingMinds@sbcglobal.net)

Ph: 925 484 0074

### METHODS OF PAYMENT:

Check, Credit or Debit Card, Cash, Square, PayPal, HSA



**SUMMER TUITION INFORMATION**

**New Students to HMHBI:** Friendship Club, Jr.& Pals, Boys/Girls Club, Flexible You, Life Skills \$535  
**Returning Students:** \$490

Speech/Language Therapy \$100 per 30 min session  
Consultation Fee: \$100

6 wk programs include **six 65-minute** "hours" and, if requested, an additional 20 minute end-of-session progress report for \$25.00

Group Speech Therapy (GST) for Kaiser clients meet **once per week** for a **50 minutes**

*HMHBI is a vendor of RCEB, Connecting Waters, Visions in Education, and accepts Beacon Value Options and CCHP insurance. Kaiser members need prior authorization.*

**\*\*Children will not be allowed to begin programs unless tuition has been received in advance or payment arrangements have been made through Dr. Theresa Johnstone (Dr. J.).**

**LOCATION**

18 Crow Canyon Ct, Suite 225  
San Ramon, CA 94583

NOTE: There may be field trips for groups and up to individual therapists.

**STAFF MEMBERS**

Theresa Johnstone, PhD Clinical Director  
Vanessa Varrelman, MS, LMFT Group Therapist  
Tara Anvar, LCSW Group Therapist  
Nicole Lodato, MFTi Group Therapist  
Tiffany Wilson, Psy Intern Group Therapist  
Mollie Driscoll, MA, CCC-SLP Speech Pathologist  
Carolyn Glynn, MA, CCC-SLP Speech Pathologist  
Damara Weissar, MA, CCC-SLP Speech Pathologist

**\*\*\*If you have questions, please feel free to call Dr. J @ 925-484 0074 or by email: [SmilingMinds@sbcglobal.net](mailto:SmilingMinds@sbcglobal.net)**