



Fitness and Nutrition

GROUP: Nutrition for ADHD and Executive Function

This 4 week **virtual program** will include a maximum of 5 participants. Included will be nutrition education, misconception clearing, planning and shopping lists/prep plans conducive for Executive Function and positive habit creation/building

COST FOR PARTICIPANTS: \$100 for the 4 week session.

DATES OFFERED:

Session 1: July 9, 16, 23, 30 @ 10:00AM

Session 2: August 5, 12, 19, 26 @ 10:00AM

GROUP: Exercise and Movement for ADHD/Executive Function

This 4 week **in-person group** will meet at **Deep Run Park, Henrico County, Virginia** for 1 hour work-out sessions. Work-out sessions will include: Evidence backed exercise education and the science behind how bodily kinesthetic movement and resistance training has an incredible impact on ADHD and other neurodivergencies. Stretches, proper technique, and cardio recommendations will be provided, as will various equipment for session use. Maximum of 5 participants.

COST FOR PARTICIPANTS: \$150 for the 4 week session.

DATES OFFERED:

Session 1: July 8, 15, 22, 29 @ 6:00AM

Session 2: August 6, 13, 20, 27 @ 6:00AM

Social Activities

GROUP: Interpersonal Skills for Success for high school students

This **in person group** will explore the interpersonal and social skills necessary for interviews, work-based communication, and nuanced interactions for new acquaintances. Work will include using the 5-point scale to help monitor and manage interactions, including initiations and responses.

The Group will be held at **1504 Santa Rosa Road, Suite 115, Henrico, VA 23229.**

COST FOR PARTICIPANTS: \$150 for the 4 week session.

DATES OFFERED:

Session 1: June 2-June 5. Time TBD

GROUP: Dungeon and Dragons

Adventurers' Guild: Building Social Skills Through Storytelling

The Adventurers' Guild is a four-week **in person** summer program designed for **high school students** who are looking to build social connections and develop teamwork skills. Using the popular tabletop role-playing game Dungeons & Dragons (D&D), this program provides a safe and engaging environment for participants to interact with peers, practice communication, and solve challenges together.

Who is it for?

This program is ideal for students who:

- Find it challenging to connect with peers of the same age.
- Want to strengthen social skills in a fun, structured setting.
- Enjoy creative storytelling and problem-solving.

What to Expect:

1. Social Growth through Role-Playing:

Participants will step into the shoes of brave adventurers, working as a team to solve puzzles, explore dungeons, and defeat mythical creatures. Along the way, they'll practice

conversation, decision-making, and collaboration.

2. A Safe and Fun Environment:

The sessions are led by an experienced Coach ensuring everyone feels included and

encouraged.

3. Team Challenges and Achievements:

Each week introduces a new quest designed to build confidence, foster teamwork, and celebrate group successes.

Weekly Themes:

- Week 1: Welcome to the Guild– Meet the group, learn the basics of D&D, and start the first adventure!
- Week 2: The First Quest– Practice teamwork as the group unravels a mystery in the forest.
- Week 3: Challenges and Choices– Navigate puzzles and make decisions as a team to overcome obstacles.
- Week 4: The Grand Finale– Work together to complete an exciting final mission and celebrate your achievements.

Skills Participants Will Build:

- Social Confidence: Practice introducing themselves and engaging with peers.
- Teamwork: Collaborate to achieve shared goals.
- Problem-Solving: Navigate creative challenges and find solutions.

Creativity: Immerse in storytelling and role-play

COST FOR PARTICIPANTS: \$375 for each 5 week session.

LOCATION: 1504 Santa Rosa Road, Suite 115, Henrico, VA 23229

DATES OFFERED:

Session 1: July 1, 8, 15, 22, 29 from 12:00-2:00PM

Session 2: July 1, 8, 15, 22, 29 from 2:00-4:00PM

GROUP: Making Sense of Middle School

This is an engaging, interactive social skills group that aims to demystify unwritten social rules present in the middle school setting. Participants will be guided through concrete social skills instruction accompanied by practice in real-life situations. This four-week program meets twice per week for a total of 8 meaningful and structured lessons. Parents/Guardians will be provided with supplementary materials to assist in continuing social skills practice in the home environment.

COST FOR PARTICIPANTS: \$600

DATES OFFERED: 6/30; 7/3; 7/7; 7/10; 7/14; 7/17; 7/21; 7/24 11:30-1:30

LOCATION: Sterling, Massachusetts

GROUP: Life Stories for Adults Ages 18+

Life Stories for Adults” is an engaging, interactive social skills group for adults ages 18+. Participants will be provided with concrete instruction on social skills as well as practice in community venues to apply those skills. The groups will feature such skills as initiating and maintaining conversations, budget management, and much more.

The group will be led by Dr. Chrissy Ogilvie. Dr. Ogilvie has over 30-years experience working with individuals with special needs; in particular, students with Autism Spectrum Disorders. Mrs. Megan Chase, a special education liaison will be assisting Dr. Ogilvie. Two adults will be present at all group meetings.

All efforts will be taken to invite typical peers to act as mentors and leaders.

COST FOR PARTICIPANTS: \$600

DATES OFFERED: June / July; 4 weeks total; ; Monday and Thursdays; 6:30 – 8:30 pm

LOCATION: Sterling, Massachusetts

Transition Preparation

GROUP: Getting Ready for High School

This **in-person group** is exclusive to **rising 9th grade students**. Participants will get ready for new expectations and the new school year by working on social and study skills needed for success. Students will need access to a chromebook or laptop during group

The EF Coach will be responsible for setting up and breaking down the space after each session.

COST FOR PARTICIPANTS: \$150 for the 4 week session.

DATES OFFERED: 8/4-8/7

LOCATION: 1504 Santa Rosa Road, Suite 115, Henrico, VA 23229.

GROUP: College Exploration Group

This **virtual group** for **rising high school freshman through juniors** will explore the following questions through dynamic, interactional sessions:

- 1) Why are you choosing college and how does this fit into your academic/life path?
- 2) What type(s) of colleges would provide the environment/culture for you to maximize your experience?
- 3) How do your interests inform your selection of potential majors and how can you start that exploration today?
- 4) How do you think expectations/responsibilities will change as you continue through high school and eventually transition to college?

COST FOR PARTICIPANTS: \$100 for the 4 week session.

DATES OFFERED:

7/9/25 8:00 pm ET

7/16/25 8:00 pm ET

7/23/25 8:00 pm ET

7/30/25 8:00 pm ET

GROUP: Transition to College

This **virtual group** is for **rising high school seniors and gap year students**

- 1) Reflect on your self-advocacy skills. What are your strengths? What are areas to improve? How can you most effectively utilize this next year to make it happen?
- 2) How are you preparing academically (study skills, building relationships with teachers/staff, utilizing existing resources, etc)?
- 3) How are you taking responsibility for wellness (diet, exercise, sleep, social, spiritual, etc)?
- 4) How are you approaching the need to generate income as well as build career skills? (Resume, Networking, Collaborating, Interviewing)

COST FOR PARTICIPANTS: \$100 for the 4 week session.

DATES OFFERED:

7/10/25 8:00 pm ET

7/17/25 8:00 pm ET

7/24/25 8:00 pm ET

7/31/25 8:00 pm ET