



CORNERSTONE THERAPIES

Occupational Therapy Groups

18700 Beach Boulevard, Suite 120, Huntington Beach CA 92648, (714) 962-6760



PAINTING OF THE MASTERS



Explore the creative arts through a variety of mediums, such as paper, painting, oil pastels, clay, fabric, textile, wood, and other mixed mediums. This program does not require any artistic skill, and is focused on promoting a positive and interactive experience for children, enriching imagination, and creativity. Areas of skill development in the group include fine motor skills, visual motor skills, bilateral hand coordination, and a multisensory experience which incorporate the tactile, visual, and auditory systems. Through interaction with a variety of mediums, children will not only encounter an unforgettable multisensory experience by designing a tangible work of art, but also develop confidence and sense of accomplishment.



DRESS TO IMPRESS

Transform your image and "dress to impress" in your self-care, meal time etiquette, and social etiquette. Self-care include the areas of dressing, hygiene, and grooming. Develop skills of bilateral hand coordination, visual motor skills, pinch strength, and motor planning in order manage your fasteners and shoe-tying for age-appropriate dressing skills. Gain increased independence in grooming and hygiene areas of tooth brushing, handwashing and thorough bathing, and brushing hair. Learn and practice meal time routines, age-appropriate utensil use, good table manner etiquette and social etiquette while participating in the exciting meal experience with other children.

GIGGLES & WIGGLES



Some days you just need to dance! Giggles & Wiggles is a fun-filled occupational therapist led program that strives to support children with sensory processing difficulties in the academic environment. The program incorporates your child's vibrant energy for songs and dancing, along with sensory-rich activities and therapeutic sensory stimulation to increase attention, organization, safety, and motor planning in order to organize and regulate their sensory system. We will use our professional viewpoint to help your child succeed in their classroom setting!



CLUB SPORTSTERS

Experience the wide world of sports through participating in basketball, soccer, and other recreational activities. Children with or without special needs will develop skills for emotion regulation, motor planning, coordination, upper body strength, balance, endurance, and flexibility through the participation of fun sport activities. Adaptations to the environment and sports will be made to support each child's unique and specialized needs. Learn how to build team skills, develop self-confidence and self-esteem, and enhance well-being, which are all benefits of participating in sports as supported by research. Children will encounter an unforgettable, positive, safe, and fun experience in all sorts of sports with other peers.

FEEDING GROUPS



We are offering a variety of group programs designed to meet your child's specific feeding needs and concerns.

- Texture Tots
- Spoonful of Fun
- Fussy Foodie
- Sensible Snackers
- The Munch Bunch
- Sensory Sprinkles
- The Pantry Pack



TOP CHEF

Bring out your inner chef while exploring with mealtime management skills. Children will develop motor planning skills in order to prepare simple meals, such as improving skills for ideation in figuring out what to make, finding or creating a recipe, locating ingredients, sequencing the steps, executing the meal, understanding the use of simple kitchen appliances (e.g. microwave, toaster oven, dishwasher), and identifying kitchen safety skills (e.g. using knife). These are all essential skills toward developing independence in age-appropriate food preparation abilities/tasks.