

Hinds' Feet Counseling

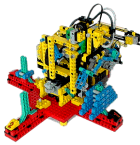


Climbing Together To New Heights



Social Emotional Life Skills Program

The program develops skills in areas of relationships, communication, stress management, problem solving, decision making, and positive self-worth necessary to enhance an independent lifestyle. Modalities include arts and crafts, ceramics, Lego lab, jewelry making, leather tooling, and cooking. Clients will develop new leisure skills, maintain attention to task, be able to display positive social skills, and make independent choices and decisions in completing a project.



Lego Lab It is proven that adolescents benefit more from treatment that provides hands-on experience and learning opportunities such as the advanced Lego skills as it has great potential to improve their social emotional development with problem solving, initiative, self-awareness, active listening, self-esteem, respect and team building as they progress through a project from start to finish. **\$25.00**



Cooking This program provides an opportunity for clients of all functioning levels to express themselves through cooking. The class consists of developing skills in areas of completing tasks, communication, stress management, problem solving, and decision making. Food brings people together whether it is baking, cooking a meal, or sitting down together and socializing. **\$35.00**



Arts & Crafts Self-esteem is increased due to pride behind creative expression; increased ability to stay on task and complete a task, problem solving, decision making and communication skills will be enhanced, and positive leisure activity to replace boredom and negative emotions such as anger, anxiety, and depression. **\$25.00-\$35.00**



Ceramics Skills enhanced are problem solving and decision-making skills as individuals choose a project and the colors to use; communication skills as the individual must listen actively to directions, as well as communicating needs. **\$35.00**



Jewelry Through jewelry making creative expression is the process where individuals discover their uniqueness and build on their strengths and focus on attention span, staying on task, and completing a project. **\$35.00**

All sessions are 2 hours ranging from \$25.00-\$35.00 per session

For dates and times please call 719-428-5432