



## Learning... Sharing... Growing Together

### *The Growing Together Therapeutic Center*

**Y**our child has been blessed with many wonderful gifts. You know that he or she is an amazing and special individual with inner potential that is patiently waiting to be coaxed and nurtured to life. But if your child has been diagnosed with a developmental disorder, you also know that it will take a very unique and sometimes challenging path to get there.

Like many parents who have been told that their child needs Early Intervention Services, you may be feeling lost and overwhelmed with choices right now.

- Just how far behind is your child from living up to his full potential?
- Will he or she ever be able to survive and thrive in a traditional, public school setting?
- Where do you turn for help?

At the ***Growing Together Therapeutic Center***, we are dedicated to providing the best possible means of helping your child learn, develop and grow in a stimulating and nurturing environment. Through our individual and group therapy programs, we equip children with the skills and abilities needed to function in the real world, as well as cultivate the unique talents living within themselves.

## About Our Facility

The ***Growing Together Therapeutic Center*** is a private facility in Hillsborough, NJ that administers comprehensive, custom-tailored occupational and physical therapy programs for infants and children with developmental disabilities and delays. Our facility was founded to assist parents of children impacted by autism spectrum, sensory integration, and other pervasive developmental disorders. Prior to the launch of our center, these parents had very little in the way of support and guidance, and virtually no means of preparing their children for assimilation into the public school system. Areas covered include:

- Speech and Language Skills
- Fine and Gross Motor Skills
- Applied Behavior/Verbal Behavior
- Cognitive Development

## A Safe, Fun, Interactive Learning Environment

### **The Sensory Gym**

One of the most outstanding features of our therapy facility is our state-of-the-art sensory gym. Our sensory gym works to ameliorate sensory integration dysfunction which is a common characteristic of autism spectrum children. The sensory gym features a viewing window where parents can observe the therapy sessions as they are taking place. The gym is specially designed and equipped with items that will stimulate

your child's sensory system and engage him in activities which improve his response to touch, pressure, balance and temperature. Special features of our sensory gym include:

- Therapy balls
- Physio roll (peanut)
- Trampoline
- Ball pit
- Tunnels
- Swing
- Climbing walls
- Stability pads
- Balance beams
- Foam steps
- Scooters
- Tactile walkway

For more information about our Sensory Integration Therapy Program, contact us at (908) 281-2225 or email [mpetito@growtogethernj.com](mailto:mpetito@growtogethernj.com).



## Individual Therapy Programs

At the ***Growing Together Therapeutic Center***, we work with children in both one-on-one therapy and interactive group programs. This combined method allows us to target key areas where your child may require instruction, guidance and support, followed by social scenarios where he or she is then able to apply what was learned in a "real life" setting.

As a parent, you will be delighted to see your child relating with others and developing the social and emotional side of his or her personality as he refines competencies and skills needed to function in everyday life.

Our individual therapy programs center around a unique treatment plan that will be designed exclusively for your child and based upon his initial evaluation and skill assessment. The ***Growing Together Therapeutic Center*** offers three major types of individual therapy:

### **ABA Therapy (Applied Behavior Analysis)**

Is your child exhibiting inappropriate behaviors? The goal of our ABA therapy program is to isolate the chronic problem behaviors which are in need of elimination and replacement. To do this, we must first determine the root cause of the inappropriate behavior, or the "why" your child acts in a certain way.

#### **Examples of inappropriate behaviors:**

- Hand flapping
- Moaning
- Throwing tantrums

Your child may be behaving in a certain way in order to provoke a specific consequence. For example, he or she may feel overstimulated and crave "quiet time." However, because your child does not know how to make such a request, he or she resorts to hand-flapping and other disruptive gestures as a means of getting what he wants.

During Applied Behavior Therapy, we will develop a plan to isolate the chronic behaviors that need changing, and work toward replacing those behaviors with more socially acceptable ones. Your child's progress will be continually monitored and documented as a means of modifying or adjusting the therapy program according to his personal needs.

For more information about our Applied Behavior Analysis Therapy Program, contact us at (908) 281-2225 or email [mpetito@growtogethernj.com](mailto:mpetito@growtogethernj.com).

### **Speech and Language Therapy**

Does your child pronounce certain words incorrectly, "speak" in incoherent babble, or appear otherwise delayed in developing verbal communication skills?

Our Speech and Language Therapy Program targets articulation, oral/motor and social/pragmatic language skills. Goals of the program include:

- Correct pronunciation of words
- Proper voice control
- Correcting a stutter
- Improving grammar, vocabulary, storytelling skills
- Teaching AAC (Augmentive and Alternative Communication) and SGDs (Speech-Generating Devices) for extreme cases

By developing an awareness of both verbal communication and body language, we strive to enhance your child's ability to understand information, ideas, and feelings expressed by others and to articulate his or her own thoughts, emotions and desires.

For more information about our Speech and Language Therapy Program, contact us at (908) 281-2225 or email [mpetito@growtogethernj.com](mailto:mpetito@growtogethernj.com).

### **Occupational Therapy**

Your child may benefit from occupational therapy if he or she typically exhibits developmental delays and sensory issues such as poor fine motor skills (handwriting issues); extra sensitivity/negative response to touch, taste, sounds and odors; clumsy movement and poor coordination. He or she may also be socially immature and prone to emotional outbursts or inappropriate behavior.

Occupational therapy works toward improving fine motor skills as they are required for everyday living and eventually holding down a job in adult life. This type of therapy helps children with autism spectrum disorders and sensory integration dysfunction to:

- Improve eye-hand coordination
- Grasp and manipulate objects
- Develop pre-writing and cutting ability
- Engage in everyday activities
- Strengthen and train muscles

Our occupational therapy program currently includes sensory integration therapy in our sensory gym and the Handwriting Without Tears program.

For more information about our Occupational Therapy Program, contact us at (908) 281-2225 or email [mpetito@growtogethernj.com](mailto:mpetito@growtogethernj.com).



## Group Therapy Programs

The ***Growing Together Therapeutic Center*** augments its individual therapy with goal-specific group therapy in the form of social activities, workshops and classes. Our group therapy programs offer your child the opportunity to apply his or her newly discovered skills in a lively and engaging social setting.

Are you concerned about the ability of your child to fit in, make and keep friends, and generally feel like part of the gang? Our age-specific skill groups will give your child the social interaction he needs to identify with others while offering opportunities to explore, learn, discover, create, grow, and apply himself in exciting and constructive ways.

Some of our most popular group therapy programs include:

### **Social Skills Training (8 week program)**

Your child will learn the precursory social skills that will help him begin to relate to other people and are required for our Prep Preschool class. Making friends, sharing, playing, taking turns, and developing nonverbal and spoken communication techniques are all a part of this fun and engaging group therapy program.

### **Prep Preschool (8 week program)**

Prepare your child for the transition from home life to preschool and being away from Mom. This program will ease your child into routine preschool activities such as circle time, table top activities, art, storytime, snack time, and free play. The Prep Preschool program works on executing the separation from Mom or a caretaker in slow, gradual increments that the child will learn to navigate with confidence.

### **Occupational Workshops**

Each season, we introduce a variety of creative, hands-on group workshops and classes that allow your child to develop needed skills for self-sufficiency. Some popular favorites we have run in the past include:

**Shake and Move Yoga Class** - benefits sensory integration disorder and helps to calm hyperactive and overstimulated children

**Finger Gymnastics** - a precursor to the Handwriting Without Tears program - works on fine motor skills, grasping ability and object manipulations

**Sensory Play Group** - regulate the senses in the Sensory Gym and hang out with good friends, too!

**Handwriting Without Tears** - a popular method of teaching handwriting that incorporates a multi-sensory approach to learning



## A Therapy Program That's Tailored to Your Child's Unique Needs and Abilities

At the ***Growing Together Therapeutic Center***, we offer a broad spectrum of individual and group therapy programs taught by certified therapy professionals in the areas of ABA (Applied Behavioral Analysis), Speech/Language Pathology, Occupational Therapy and Dance/Movement Instruction.

We encourage parents to become actively involved in the therapy process so that they may employ the same techniques at home and in the child's school and social environment.

In order to determine the best course of therapy for your child, we conduct a thorough evaluation of his or her skills and behavior. Expect to receive the following as part of your child's individual therapy course:

- Ongoing communication to ensure that your child's therapy is tailored to his exact needs
- Formal progress reports that will enable you to objectively assess your child's development
- Regularly scheduled visits to the home to ensure that the skills learned at the ***Growing Together Therapeutic Center*** carry over into your child's natural environment

## Don't Miss Our Seasonal Groups and Workshops

In addition to your individualized therapy program, we encourage parents to participate in our Group Therapy workshops and classes as a means of further integrating the child's newly developed skills in a "close to real life" situation. Once you sign up as a client of our therapy center, you will receive seasonal mailings updating you on the latest workshops and classes. This is a terrific opportunity for your child to make new friends and practice his skills in a nurturing, interactive environment. Classes are small and they do fill up fast, so be sure to register early for the upcoming season!

## Contact Us

To schedule an evaluation and possible recommendations for developmental therapy, contact us at the below address:

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390 Amwell Road  
Building 2, Suite 201-202  
Hillsborough, New Jersey 08844

(908) 281-2225 phone  
(908) 281-2227 fax

Email: [mpetito@growtogethernj.com](mailto:mpetito@growtogethernj.com)

To learn more about our Early Intervention therapy services, explore our website at <http://growtogethernj.com>