



Going Deeper with Floortime for Parents

The non-profit **Astra Foundation** is offering a Floortime Intensive course for Parents. This course is open to families who have attended previous Astra classes.

Components of the class include: 3 workshops, 1 coaching session, and 1 confidential phone consultation.

Class dates: Three Tuesday evenings, Jan 28, Feb 4, Feb 25, 7:00-9:00, and one, 1 x 1 hour individualized mentoring session Sunday, Feb 9. (each family's times to be decided). Phone consultations after the mentoring session are included.

Venue: Location: Astra Foundation, 524 Main St Acton

Course Description

This course will be built around your experiences with your child. The curriculum will be developed in response to the needs of the group.

Goals will include the following:

- Optional share of video tape of your child.
- Amplify your existing strengths.
- Create a non-critical atmosphere to share Floortime experiences.
- Refine understanding of your child's unique affect cues and meanings.
- Focus on a core issue that your child needs to strengthen.
- Use the group as a resource to brainstorm ideas for improving regulation, reciprocity, expanding play and social problem solving.
- Collect resources.
- Enjoy the support of parents.

Tuition

\$60 for one adult, \$75 for the family including caregivers. Mail check Attn: Pam Rogers, The Astra Foundation, 524 Main Street, Acton, MA 021720

Registration

Go to www.astrafoundation.org to register and pay online.

Sarah Measures: sarahmeasures@yahoo.com or call 617.413.1355

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