

Our clients improve in areas of :

Self-esteem  
Social Behavior  
Rule following  
Friendship skills  
Classroom Behavior  
Home Behavior  
Academic Competence  
Anger Control  
Problem-solving skills

SFCC summer program is customized  
to your child's need

Just a few comments from our family of clients:

*"James' social skills are noticeably gentler and he had so much fun!"*

*"We just wanted to thank you for all you've done to help Megan. She's been much more socially engaged when we see her with other children, and is in general positive and happy about school. We are thankful that you are in her life, and we so appreciate your skills and care for her.  
Thank you from VERY HAPPY PARENTS"*

*"We can't thank you enough for what you have done for our child and our family. She is doing so wonderful, virtually no signs of O.C.D.  
We'll be in touch."*

*"Thank you all for working with Jenna, our doctor has decreased her prozac to 30 mg and next month hopefully to 20mg (a far cry from the 80 mg!).  
We are so happy!!!"*

*"Stepping Forward Camp was a fantastic summer camp experience for our daughter. Every day she would come home full of enthusiasm and bursting with language. Her focus improved as a result of carefully facilitated recreational activities. The program incorporated sports, music, drama, and crafts, as well as fun-filled excursions. Social interactions and expressions were encouraged and guided in a friendly, creative environment."*



## Therapeutic Sports & Social Skills Day Camp

Achieve goals, conquer fears, build confidence and self-esteem. Develop an enthusiasm for life while learning social and emotional skills that will last a lifetime.

Campers bring brown-bag lunches. Water, fruit and healthy snacks are provided throughout the day!

Our C.A.M.P is designed by our staff to accomplish goals in environments where our clients can have the most fun. The data proves it works! The key to our program's success lies in its commitment to your child's success to the treatment plan. Data driven evidence based treatment.

### Modalities

Behavior Modification  
Token Economy  
Modeling + Rehearsal Training  
Individual Behavior Therapy  
Psychiatric Consultation + Therapy  
Social and Emotional Skill Training  
Cognitive Behavior Therapy (CBT)  
Dialectical Behavioral Skills Training Groups (DBT)  
Mindfulness  
Neuro-Linguistic Programming (NLP)

Each summer program runs for 8-10 weeks. We ask clients to commit to at minimum 2 consecutive weeks for results

### SFCC Team Members

Check website for additional team members

### Psychiatrists

Dr. Nataliya Osmanova, M.D Dr. Gary Pedneault, M.D.

### Program Directors

Dr. Mitch Shaffer, Ph.D.,LMFT Jill Pringle, LCSW  
Melyssa Zive, LCSW

### Clinical Staff

Dr. Ghahary Ph.D Jason Rovetto, LPC  
Melissa Doney, LAC April Sutherland, LMFT  
Liz O'Malley, LMFT

Anne Pereira, M.S. Camp & Leadership Director  
Christine Robertello, LCSW CEO & Clinical Guru

Our staff are hand- selected professionals and graduate students in Special Education, Psychology, Counseling, Physical Education and Recreation Therapy. All of our staff are dedicated experienced and passionate about working with children in a therapeutic camp environment.

### 3:1 Staff ratio

### Reserve your child's spot now!

Please feel free to contact us regarding fees, questions or to set up a meeting time with you and your child personally.

**NJ CHATHAM call 973 635 6550**

**CA IRVINE call 949 333 1209**

**CA YORBA LINDA call 714 340 0511**

26 Main St., **Chatham**, New Jersey, 07928  
15375 Barranca Parkway, Suite B-101, **Irvine**, CA, 92618  
22343 La Palma Ave., Suite 116 **Yorba Linda**, CA 92887



# Stepping Forward Therapeutic Summer C.A.M.P.

Clinically Advanced Multi-Modality Program



Play and Learn with us  
this Summer!



We teach  
the mind to think,  
the hands to work,  
the heart to love!

Join us for a summer of sun, fun and  
friends at our inclusive summer camp.

Stepping Forward Summer Camp,  
is ideal for children and  
young adults ages 4 and up  
with mild to moderate learning,  
emotional and behavioral difficulties.

**SteppingForwardCounselingCenter.com**



# Learn social skills, make friends and have fun!



## Therapeutic Doc's Jocs Sports & Social Skills

Play baseball, basketball, flag football, soccer, golf and tennis in our therapeutic sports program. Created by Director Dr. Henry Kandel, Sport Psychologist, this unique non-competitive program has been praised by the former Governor of Georgia as well as the Executive Director of the National Little League Association. Proven effective in professional journals, Doc's Jocs promotes positive self-image, attention to task, impulse control, cognitive and motor skills, while reducing shyness, anxiety, hyperactivity, and aggressive behavior. Learn to be a good sport in this supportive, rewarding environment! It's all about friends and fun.



## Leadership:

This program consists of community based projects for preteens and teens. Activities are based in real life situations that encompass practicing skills to lead and guide others, while building self-esteem.

## Swimming:

Cool down and engage in activities while socializing at the pool. Recreational swim teaches techniques and how to play cooperatively, while enjoying the freedom of fluid body movement through swim play.

## Yoga:

Find your inner core in our Yoga program. Relax, concentrate and learn breathing techniques while connecting your body and mind. Filter out the stresses of the day through focused awareness. Center yourself while increasing balance and flexibility.

## Drama:

Let go of your inhibitions in our Drama program. Therapeutic Drama is helpful in building social skills, trust, expression of emotion and team work. It creates an environment where children can role-play new behaviors and receive immediate feedback from peers and counselors.

## Cognitive Groups:

DBT, CBT, Mindfulness, and NLP groups foster emotional growth and problem solving skills. Groups increase emotional stability, cognitive restructuring, and model behavioral change. Honest feedback offers conceptual change thus improving relationships both within and outside the group.



## Arts & Crafts:

Find your creative self in our Arts & Crafts program. Art creation breaks down barriers that often exist in face to face communication. While children focus on their artwork they feel free to share their feelings. Art expression is an opportunity for success and achievement which often builds confidence and self-esteem.



## Kickboxing/Martial Arts:

Practice self control in a consistent and highly structured environment that strengthens neural networks in the brain. Having fun while developing coordination and building strength. Master your mind.



## Camp Out/Team-Building:

Build team spirit during team-building over night experiences. Team competitions and other activities build feelings of unity. Team building, cooperation skills, turn taking, compromising and developing positive relationship are just a few of the skills learned.



## Field Trips:

Weekly field trips are built to help the skills that are learned at camp generalize to the community. We bring adventure and culture to your children on our exciting, weekly trips.

- Water Parks
- Amusement Parks
- Museums
- Boat Trips
- Carnivals
- National Parks
- Zoos
- Theaters
- Farms

And lots more!