



Therapeutic Recreation Program

EveryMind's School and Community Youth Services department has started a new program in response to the high volume of children experiencing social isolation as a result of the COVID-19 pandemic. This program is designed to help kids transition back to in-person learning, immerse kids into communities, and bring families together by promoting mental health awareness.

Who do we serve?

Children in grades K-12 in Montgomery County.

Availability:

Weekdays from 8am-7pm. Weekends, by appointment only.

Types of activities:

Sports, mentoring, performance arts, visual arts, yoga, meditation, puzzles, cooking classes, and much more!

Services can be based at home, in the community, or at school.

Our **Therapeutic Recreational Specialist** will facilitate recreational and activity-based interventions which address the needs and interests of each individual or group of students.

How could this program help your student(s)?

Our services help identify and address the needs of at-risk children and their families. The goal of this program is to provide students with additional support in light of the many impacts caused by COVID-19, such as difficulty with virtual class, loss of a loved one, depression, anxiety, etc.

Every activity is evidence-based and designed to support mental health, wellness, socialization, coping skills, and stress management.

Together, we can support our community's overall wellness.

For more information, call 301-424-0656 ext. 507.

Or, email tzarate@every-mind.org