

CENTER FOR DEVELOPING MINDS
EARLY LEARNING CLINIC

Grown-up & Me Groups

Weekly, one-hour classes.

Lead Instructor:

Cassie Korbfort, M.S.Ed.,
Child Development Specialist

Grown-Up & Me Groups are small groups of parent(s) and their child designed to teach families skills and strategies in a playgroup setting, and offer support between parents. All groups will provide parents with an understanding of developmentally appropriate expectations for their child, how to increase connection with their child, and how to implement rules and boundaries effectively. Current group offerings:

- **ASD** - The group for children with ASD includes an extra emphasis on building connection between parent and child, increasing functional communication, and targeted strategies for expectations and routine building.
- **Down syndrome** - The group for children with Down syndrome includes an extra emphasis on developmentally appropriate expectations, increasing independence, and routine building.
- **Behavior** - The group for children with behavioral struggles includes an extra emphasis on creating and setting appropriate expectations, consistency, and responding to behaviors.

The sessions will be held at Center for Developing Minds in our new Early Learning Clinic. Course fee is \$150 per class, with a minimum of four classes commitment required to register. The groups are carefully curated to benefit all participants and class size is limited to provide students with personalized attention. To schedule an intake appointment with our child development specialist for class placement, please contact the clinic at 408.358.1853.

