

Our clients have shown significant improvement in:

Prosocial Behaviors	Problem-Solving
Emotion Regulation	Decision Making
Self-Esteem	Rule-Following
Emotional Intelligence	Self-Awareness
Academic Competence	Generalization of
Interpersonal Relationships	Communication Skills

SFCC's summer program is customized to your child's needs

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 C.A.M.P.

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

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!

SFCC's multi-modality therapeutic approach to treatment includes the following list of integrated and educational services:

Behavior Modification
Token Economy
Modeling + Rehearsal Training
Mindfulness
Therapeutic Sport
Play Therapy
Art Therapy

Social and Emotional Skill Training
Individual Therapy
Family Counseling
Parenting Workshops
Sibling Strategies
DBT - Dialectical Behavior Therapy
CBT - Cognitive Behavior Therapy
IEP/School Consultation and Support

Each summer program runs for 9-11 weeks. We ask clients to commit to at minimum 3 consecutive weeks for results.

SFCC Team Members

SFCC staff are highly compassionate clinicians with expertise in the evaluation and treatment of children and adolescent behavior and mental conditions.

3:1 Staff Ratio



Please scan the QR code or visit our website for additional information on our staff and mental health programs.

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, Building D, **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 C.A.M.P.**

Stepping Forward Summer C.A.M.P.,
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!