

Program Cost

The Downs Syndrome Association of Memphis and the Mid-South have partnered with The Transformation Center to reduce the cost to each family to \$255 for the full six week program. This includes the cost of supplies the children will use.

Comment by DSA.

“DSAM believes that the Transformation Center offers families an opportunity to help their children develop independent skills and enhance social capabilities. The program offers professional family and individual training in a comfortable, relaxed setting.”



REGISTRATION

PLEASE CALL THE TRANSFORMATION CENTER AT 901-755-1396 TO REGISTER.

WE WILL TAKE YOUR INFORMATION OVER THE PHONE AND MAIL YOU A CONFIRMATION LETTER AND FORMS YOU ARE TO FILL OUT PRIOR TO YOUR FIRST SESSION ON NOVEMBER 7TH. SINCE ENROLLMENT IS LIMITED TO THE FIRST 10 FAMILIES IT IS IMPORTANT TO CALL IMMEDIATELY TO RESERVE YOUR PLACE. YOU MAY PAY WITH A CREDIT CARD OVER THE PHONE OR MAIL A CHECK. PLEASE INDICATE THAT YOU WISH TO SIGN UP FOR THE EMPOWER PROGRAM. THANK YOU.

Workshop Calendar

Saturday November 7th

9:30-11:00 a.m.

Children - Exercise and Art Therapy

Parent Session

Saturday November 14th

9:30-11:00 a.m.

Children - Exercise and Art Therapy

Saturday November 21st

9:30-11:00 a.m.

Children - Exercise and Nutrition

Saturday November 28th

9:30-11:00 a.m.

Children - Exercise and Art Therapy

Parent Session

Saturday December 5th

9:30-11:00 a.m.

Children - Exercise and Art Therapy

Saturday December 12th

9:30-11:00 a.m.

Children - Exercise and Art Therapy

Parent Session



The Transformation Center
1088 Rogers Road Cordova, TN 38018
901-755-1396 1-866-777-8092
www.transformationmemphis.com



Your Child To Reach Maximum Potential

A program for parents and children with down syndrome led by wellness and counseling professionals.

*The
Transformation
Center*



The Transformation Center, in collaboration with the Down Syndrome Association of Memphis and the Mid-South, has developed the first of several six week programs to help parents assure that their children reach their maximum potential in life. ***The program is limited to ten families per six weeks.***

The program will be offered to different age groups throughout the year. The first offering will be for parents with children ages 10-15. **It will begin Saturday November 7th.**



During the six weeks, children will participate every Saturday for 1 ½ hours.



Parents will attend three of the six weeks, allowing parents 3 Saturdays to themselves while their children are engaged in the program.

Please see back panel workshop calendar.

The Transformation Workshop Staff

Jennifer Albright - LPC, MA ATR

Jennifer Albright is a Licensed Professional Counselor and Certified Art Therapist. She has worked in a variety of settings in Memphis and Jackson, TN, focusing primarily on work with adolescents. She has worked with a range of issues from autism to sexual abuse to attachment issues. In addition to being a therapist with the Transformation Center, she works with adolescents in long term alcohol and drug treatment (residential).

Travis Hill - LPC/MHSP

Travis Hill is a licensed professional counselor currently in private practice at Hill Counseling. Prior to working in the private sector, Travis worked with both challenged and regular youth populations on developing healthy sexual behaviors.

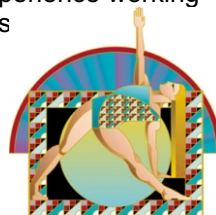


Susan Hulett - RD, MS, LDN

Susan has had the opportunity to work in a variety of setting including private practice, clinical practice, and community dietetics. She has counseled and helped hundreds of individuals change their eating behaviors and reduce their risk of developing degenerative diseases. Counseling individuals with medical diagnoses through medical nutrition therapy remains a large part of her practice. This includes treating individuals who have eating disorders, diabetes, weight management problems as well as other medical diagnoses. Susan's philosophy is one of empowering individuals with the knowledge they need so that they are able to take what they have learned and accomplished through nutrition therapy and apply it to their daily life long after therapy has ended.

Ronda McCain - CPT

The Fit N' Fun program is led by Ronda McCain, a certified personal trainer and early childhood development specialist with experience working with children with special needs



Financial Planning

The session on planning for your child's financial future will be led by a financial advisor.

The Curriculum For Children

The focus will be on wellness exercise with our Fit N' Fun program, practical, self-directed nutritional skills and the emotional development of children through Art Therapy.

Art therapy works using "talk therapy" techniques in a combination with expressive methods to help children and teens share more about themselves and some of the issues they may be facing. Young people who do not typically respond well to verbal communication tend to be able to use creativity to communicate.

The purpose of the art therapy sessions during this workshop will be to increase discussion regarding emotions and to help children talk with their families about their feelings in a way that is more comfortable and more effective.

The Curriculum For Parents



Over the four and ½ hours devoted to parent sessions we will address issues related to the sexual growth and development of your children, nutritional

concerns and strategies, and financial planning for independent living needs of the future. There will also be a review of the children's art therapy sessions.

If a parent wishes to follow up on issues that arise, private sessions may be arranged with any of our counselors at additional cost. Insurance may be applicable.