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UPDATE 5/15/20

Respite Groups

While we know this time has been difficult for everyone, the Green Chimneys Respite Team would like to give a shout out to all the families and children who have been working so hard to adapt to ever-changing expectations. Prior to the school closure, the Respite Team began providing students with an opportunity to take a break from their everyday routine by hosting small groups. These small groups ranged from teaching DBT skills to focusing on various concepts in positive psychology, all to create a supportive and trauma-informed environment so students could return to their routines more skillful, more resilient, and safer than before.

Since the change in the daily routine, these groups have not been able to continue, until now. Beginning the week of May 18th, the Respite Team will begin hosting drop-in Zoom groups for the students at Green Chimneys. These groups are a way for all of the students to take a “brain break” and engage in fun activities with peers from different classes. We will focus on various topics like self-care, self-regulation, and social skills.

If your child is interested in attending one (or more) of the groups, please reach out to Joana Carvalho via email at jcarvalho@greenschimneys.org for the information to attend!

Zoom Group Schedule

Monday	Guided Meditation with Ms. Melissa @ 10:30 am
Tuesday	Yoga with Ms. Heather @ 10:45 am
Wednesday	Art with Mr. Paul @ 11 am
Thursday	Kids Club with Ms. Lindsey @ 11:15 am
Friday	Tea Time with Ms. Nicole @ 11 am