



## **DANCE/ MOVEMENT THERAPY & EARLY CHILDHOOD**

Let's MOVE!

### Expressive Movement and Play For Tots and Their Adults

Facilitated by Bridgit Noone, DMT, and

Payal Mistry, MFS Intern & Antioch Graduate student for Dance/ Movement Therapy & Counseling

March 16- April 20, Mondays 1pm-2pm

**Population:** Children 0 to 5 years, together with caregivers; and expecting mothers

**Type of therapy:** Group/Family therapy

**Duration:** 60 minutes

**Location:** Monadnock Mindfulness Practice Center, 103 Roxbury Street, #301, Keene, NH

#### What to expect from this group?

- No requirement of prior dance experience: who can breathe is welcome to be a part of the group!
- Promoting healthy attachment between the caregiver and the child.
- Learning the non-verbal reactions of the child and effectively respond to child's needs non-verbally.
- Therapeutic movement strategies to promote Social & Family interaction.
- Helping children, caregivers exposed to trauma and stressful experiences.
- Helping participants who are currently coping with life changes & other stressors.

## Activities in this group:

### Section 1:

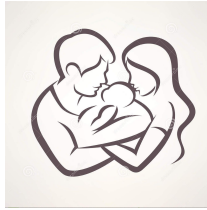
- Child and the Caregiver(s) will participate together in the group therapy.
- The session will begin with a musical welcoming of group participants.
- Individual check-ins (How are you feeling today?)

### Section 2:

- Playing with your child. Involves play session with balls, dolls and other soft toys.
- Families will receive direct coaching by the facilitator.
- Learn to transition from one activity to another, working together.

### Section 3:

- Musical go-around with some homemade musical instruments. (Will be discussed during the first session).
- Storytelling, if time allows.
- A final go-around with brief movement check-in to close.



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**What:** Group/Family therapy

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**How:** Call MFS (603) 357-4400, to register for the class

### What to expect from this group?

- Fun!
- Play!

- NO DANCE EXPERIENCE NECESSARY
- Enjoy your child with other young children and their caregivers
- Learn about non-verbal communication
- Find more ways to help yourself and your children deal with stress
- Give and receive support

For Families with Young Children & Expecting Mothers

Facilitated by Payal Mistry and Bridgit Noone

Monadnock Family Services, (603) 357-4400