



**44 South Cameron St., Ste 2A&B**

**Winchester, VA 22601**

**Emergency Response Program**

**Home4Now**

**Home4Now Program:** This program is geared towards elementary, middle school and high school students who are home due to emergency-related situations or need support throughout the day. This program allows the individual to be in a safe environment with minimal germs due to the air purifier ionizers that are placed throughout our office and other cleanliness practices such as daily disinfecting and hand washing practices. The program will allow the client to be supervised for up to 7 hours throughout the day 3-5 days per week, focusing on getting school assignments completed and teaching them new hands-on skills. Participants will receive tutoring, processing groups to learn skills related to current stressors (COVID-19, social isolation, anxiety, etc) as well as leadership, positive relationship skills, goal setting, physical activity and emergency preparedness. We will also teach safety precautions for preventing the spread of viruses and precautions that they can take when at home. Clients will not be able to participate in program if they have a fever, cough, sore throat or difficulty breathing or have had any of these symptoms within a three-day period prior to attending the program. Anyone with cold or flu symptoms will not be allowed to participate in the program and if they are in the program and begin to show symptoms, they will be asked to leave program until they are cleared by doctor to return. \*Spaces are limited. Please complete a Referral Form if you are interested in enrolling a youth in this program!

- Homework assistance and tutoring if needed (Grade/competency-Level education activities will be provided if they have not received school work)
- Groups focusing on leadership
- Chore Management
- Barriers to Success in School
- Groups focusing on emergency related situations
- Group focused on confronting fears
- Activities that allow for peer interaction in clean environment
- Positive Peer Relationship Skills
- Recreational activities
- Lunch provided

## Structure of program

9:00-10:00 Review Daily Schedule, Goal setting for the day, Processing events that led up to morning, Engagement Activity

10:00-11:00 Art/Creative Time

11:00-12:30 Tutoring and Classwork

12:30-1:00 Lunch

1:00-2:00 Therapeutic Group (Leadership, Goals, positive peer relationships)

2:00-3:00 Physical Education/Health Nutrition

300-330 Reflection and guided meditation

Program cost –

\$1245 a week for 5 days 7 hours a day 8am-330pm

\$755 a week for 3 days 8am-330pm

