

"I've noticed that the boys and girls who participate in the Gym Program improve their school behavior. The program also gives a lot of support."

—School Adjustment Counselor, Massachusetts

How to Join?

Parents, school counselors, physicians, clergy, therapists, and teachers can refer students to the Gym Program.

The Gym Program meets once a week in the late afternoon/early evening. Please contact the Program Director for exact start times and location.

For more information or to make a referral, please contact:

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About May Institute

May Institute is a nonprofit organization that provides educational, rehabilitative, and behavioral healthcare services to individuals with autism spectrum disorders and other developmental disabilities, brain injury, mental illness, and other behavioral healthcare needs. The Institute also provides training and consultation services to professionals, organizations, and public school systems.

Since its founding more than 50 years ago, May Institute has evolved into an award-winning national network that serves over 25,000 individuals and their families annually at more than 200 service locations in the Northeast, Southeast, and on the West Coast. The Institute is an active center of research and training, maintaining affiliations with more than 55 universities, hospitals, and human service agencies worldwide.

FOR MORE INFORMATION:

800.778.7601
www.mayinstitute.org

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**MAY COUNSELING
CENTER**

The Gym Program

Helping students with social and
emotional difficulties

MAY COUNSELING CENTER — THE GYM PROGRAM

More Than Fun and Games

Since 1974, the Gym Program has been helping boys and girls between the ages of 5 and 13 with social and emotional difficulties. It helps children increase their self-esteem and self-confidence, develop social skills, and reduce problem behaviors by participating in group activities with peers and parents/guardians. The Gym Program is offered through May Counseling Center, a program of May Institute.

address coping skills, frustration tolerance, anger management, and pro-social behavior.

This unique and highly successful program brings children and their parents/guardians together for guided activities that focus on teamwork. Children practice their new skills weekly in the context of the groups.

How it Works

Families meet with a group clinician for an intake evaluation prior to joining the program. Children and families develop individualized goals and receive regular feedback.

Each 75-minute group session includes the following:

- Circle time go-around
- Skill-building workshop
- Activities and games designed to reinforce new skills
- Wrap-up time to give children the opportunity to reflect on their progress and share supportive feedback

Clinicians guide the sessions and encourage children to practice new skills while helping parents/guardians identify opportunities to utilize new parenting strategies.



THE GYM PROGRAM
HELPS CHILDREN
FEEL GOOD ABOUT
THEMSELVES
AND INTERACT
EFFECTIVELY WITH
FRIENDS, TEACHERS,
AND FAMILY
MEMBERS.

Who Can Join?

Children 5-13 years of age come to the program with the following conditions/concerns: Shyness, temper tantrums, oppositional attitude and behavior, non-compliance, social awkwardness, developmental delays, learning disabilities, aggressive or other acting out behaviors, anxiety disorders, trauma histories, mood disorders, impulsivity, attention problems, difficulty following rules, difficulty taking direction, and poor communication skills.

"The group discussions and leaders' comments have helped Heather solve her own problems with other kids. Joining the fun and games with my daughter has really helped our getting along."

—Single Parent



10 Reasons for Joining the Gym Program

1. Make new friends
2. Experience success and feeling good about yourself
3. Increase self-esteem; become less shy
4. Decrease feelings of failure; increase self-confidence
5. Have fun with friends and family members
6. Decrease defiance, arguing, and acting out behaviors
7. Work together as a team; develop good sportsmanship
8. Address "bossy" and bullying behavior
9. Improve communication skills
10. Deal with feelings of frustration, disappointment, and anger



"The program has helped Robbie with gym at school and playing at recess. He seems to be able to discuss why some things are the way they are and not the way he wants them."

—Father of a 12-year-old boy

Group sessions are held throughout the academic year in a school gym. The sessions and consist of four treatment modules that