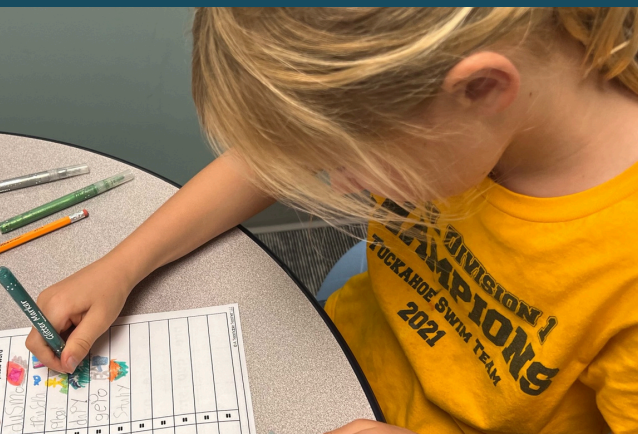




BRIDGING SKILLS & SUCCESS

Fall 2025

SHORT TERM ACADEMIC AND THERAPEUTIC PROGRAMS FOR 1ST - 12TH GRADES



SPEECH & LANGUAGE, OCCUPATIONAL THERAPY, AND PSYCHOLOGY & WELLNESS SERVICES

WHY SHORT-TERM INTENSIVES

Short-term intensive groups offer an ideal environment for skill development, providing focused, immersive learning experiences that encourage deeper understanding. With concentrated time and energy directed at specific areas of a student's learning profile, students are able to engage more fully through hands-on and real-world activities.

The small group setting promotes peer collaboration, where students can exchange ideas and feedback, strengthening both their knowledge and communication skills. Additionally, the personalized attention from our team of expert clinicians ensures targeted guidance, helping students address their individual strengths and challenges more effectively.

This structure boosts confidence, keeps motivation high, and accommodates different learning styles through a variety of methods. Ultimately, these intensive groups are an efficient way for students to build and apply new skills.

The Reservoir Group: Three disciplines, one place.

Specializing in understanding and working with children and adolescents, bridging evaluation and therapy with classroom and real world experiences. No one understands classrooms better; we are in them every day.



LOCATION

All sessions will take place on our Reservoir Campus. For Lab Foxhall students, a shuttle will be available for transporting students between campuses. Pick up will be from the Reservoir Campus.

REGISTRATION

Our online portal, through CampBrain, makes registration clear and easy. Families can complete their online registration, upload supporting documents, and submit payment.

Visit the online portal at:
auxiliaryprogramsatlab.campbrainregistration.com

QUESTIONS?

If you have any questions regarding our programs, registration, etc., please contact our Intake and Scheduling Coordinator at:

Randhal Tabb
Email: thereservoirgroup@labschool.org
Phone: 202-349-8640

GET IN THE GAME

September 9 - 30, 2025
Tuesdays & Thursdays
4:30 - 5:30 PM (6 sessions)
Grades 1 - 4 (max of 6 students)
Fee: \$900

Join the fun as we build important social and communication skills through interactive games! Through exciting exercises, students get a social skills boost to help them with making friends and building meaningful relationships.

In this group, students will practice essential skills like:

- conversational communication (e.g., turn-taking, staying on topic)
- sharing & organizing ideas
- understanding nonverbal cues
- critical thinking & problem solving
- being a good teammate & sportsmanship

Outdoor and indoor games and team challenges create a fun and supportive environment where students can connect with others, learn to collaborate, and nurture their confidence. Students should dress for the weather and wear sneakers.



PROBLEM SOLVERS BRIGADE

October 7 - 30, 2025
Tuesdays & Thursdays
4:30 - 5:30 PM (8 sessions)
Grades 5 - 7 (max of 6 students)
Fee: \$1,200

Join The Problem Solvers Brigade — where communication meets adventure! This dynamic, hands-on program is built for 5th–7th graders eager to boost their confidence, sharpen their social skills, and think on their feet. Through fun, experiential activities and games, students will strengthen teamwork, communication, and critical thinking—skills that serve them in school and in life.

Students will build skills to navigate their social and academic worlds, including:

- critical thinking and organizing language to express ideas clearly
- social pragmatics like negotiating, collaborating, and taking others' perspectives
- conversational skills such as turn-taking and staying on topic
- flexible thinking in conversations, problem-solving, and peer interactions

Each session is packed with interactive, hands-on experiences, and students will actively apply what they learn through engaging, real-world activities. Instruction also incorporates the work of Michelle Garcia Winner, M.A., CCC-SLP (SocialThinking.com) and Mary Ellen Moreau, M.Ed., CCC-SLP (MindWingConcepts.com).



THE STUDY SKILLS 101

November 4 - December 16, 2025

Tuesdays

4:30 - 5:30 PM (7 sessions)

Grades 8 - 10 (max of 6 students)

Fee: \$1,050

Welcome to Study Skills 101—a fast-paced, high-impact course designed to help 8th–10th graders study smarter, not harder. Whether it’s a pop quiz, mid-term, or final exam, this program gives students the tools and strategies to tackle any test with confidence and clarity.

Students will learn and practice:

- how to break down and organize study material effectively.
- time management techniques to avoid last-minute cramming.
- active reading and note-taking strategies for better retention.
- memory tricks and review methods to lock in key concepts.
- how to create practice tests and self-assessments.
- custom study plans for different subjects and test types.



ADVANCED STUDY SKILLS

November 13 - December 18, 2025

Thursdays

4:30 - 5:30 PM (5 sessions)

Grades 11 - 12 (max of 6 students)

Fee: \$750

Time to kick up your study skills with Advanced Study Skills—a dynamic course built for 11th and 12th graders ready to take their academic performance to the next level. With college on the horizon, this class focuses on developing independent, higher-level learning strategies that help students thrive in rigorous coursework, standardized and academic testing, and beyond.

Students will learn and practice:

- organization and time-blocking for long-term assignments and exams.
- study systems for managing multiple subjects and deadlines.
- research-based memory techniques to retain and apply complex concepts.
- self-monitoring tools for academic accountability and progress tracking.
- college-readiness skills (e.g., note-taking; independent and group studying; using tech/personal resources).





BIKE GROUP

October 7 - 30, 2025

Tuesdays & Thursdays

3:45 - 4:45 PM (8 sessions)

Grades 2 - 5 (max of 4 students)

Fee: \$1,200

This OT group will target the skills needed for your child to learn how to ride a bike! This group will address safety, parts of the bike, and the motor planning steps needed to learn how to ride a bike.

Students will need to provide:

- helmet
- bike

Bike and helmet will be stored at Lab School during the month of the bike group.

LEARN HOW TO TYPE!

November 3 - December 17, 2025

Mondays & Wednesdays

3:45 - 4:45 PM (12 sessions, No session 11/26 & 12/1)

Grades 6 - 8 (max of 5 students)

Fee: \$1,800

This group will target the underlying sensory, visual motor, visual perceptual, and fine motor coordination skills necessary for successful typing.

Sessions include:

- whole body and fine-motor movement warm-ups and movement breaks
- positioning set-ups at the computer
- typing using an individualized, developmental progression.

Keyboarding will include direct instruction and online programs. Activities will promote awareness of effective positioning of the body and hands throughout the session, directional awareness and sequencing, and finger individuation and naming.





HEROCLIX GAMES GROUP

September 17 - November 6, 2025
wednesdays
3:45 - 4:45 PM (8 sessions)
Grades 6 - 8
Fee: \$1,560

Through playing Heroclix, a collectible miniatures game, students will form teams of superheroes from Marvel™ and DC Comics Universes©.

The group will focus on:

- executive skills
- flexibility
- impulse control
- initiating and prioritizing
- problem-solving

PLAYFUL MINDS: BUILDING SKILLS THROUGH GAMES

October 30 - November 30, 2025
Thursdays
3:45 - 4:45 PM (4 sessions)
Grades 3-6
Fee: \$780

Through interactive games, this group therapy program for elementary students will focus on:

- building social skills
- emotional resilience
- positive relationships

Kids will engage in team activities that promote:

- communication
- problem-solving
- cooperation

while also learning to navigate feelings and resolve conflicts. This fun and supportive environment helps children develop confidence and stronger connections with others.



BEYOND FILTERS: NAVIGATING THE BALANCE BETWEEN SOCIAL MEDIA PERSONAS AND REAL WORLD IDENTITIES

November 2 - 18 & December 2, 2025

Tuesdays

3:45 - 4:45 PM (4 sessions)

Grades 9 - 12

Fee: \$780

In today's digital age, high school students often grapple with the disparity between their identities in both digital and real-world contexts. "Beyond Filters" is a safe and supportive space where students can explore and understand their true identities.

Participants will:

- explore the influence of social media on self-esteem and self-image
- foster genuine connections with peers who share similar experiences
- gain insights into maintaining a balanced, healthy sense of self.



FINDING CALM IN THE CHAOS: MINDFULNESS FOR LGBTQ+ TEENS

September 29 - October 27, 2025

Mondays

3:45 - 4:45 PM (4 sessions)

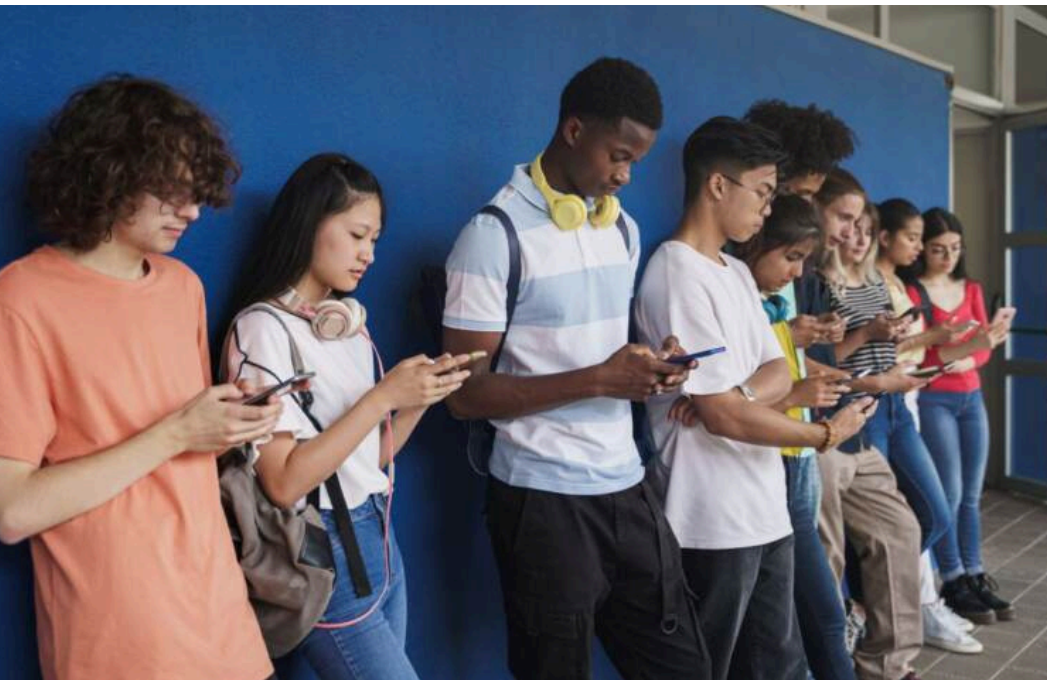
LGBTQ+ youth in grades 9 - 12

Fee: \$780

A safe and supportive group designed to help LGBTQ+ teens manage stress, anxiety, and emotions through mindfulness techniques. In a judgment-free space, participants will learn tools for:

- grounding
- self-awareness
- emotional regulation

all while connecting with peers who share similar experiences. This group offers a time for teens to focus on self-care, build resilience, and find balance in the midst of life's challenges.





THE
LAB
SCHOOL

The Reservoir Group
AT THE LAB SCHOOL OF WASHINGTON

The Reservoir Group at The Lab School of Washington

Contact Us

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