



**Nicklaus
Children's
Hospital**

MIAMI CHILDREN'S HEALTH SYSTEM 

COMMUNITY EDUCATION CALENDAR

JUNE 2017



No one knows more about the health and safety of children than Nicklaus Children's.

Nicklaus Children's Hospital, part of Miami Children's Health System, offers many unique programs and services to the community. Here are a variety of classes and programs on health and safety issues that benefit both parents and their children. We're here for the children and the community.

CPR Class

Wednesday, June 14 (Spanish)
6 p.m. to 8 p.m.
Nicklaus Children's Hospital - Main Campus



Cost: \$20 per person

This course in pediatric CPR teaches parents, grandparents and caregivers how to administer CPR to infants and children. For more details about classes or to register, please call 305-662-8282 or visit nicklauschildrens.org/CPR

Feeding Difficulties in Children with Autism Spectrum Disorders (ASD)

This class will be offered in Spanish

Tuesday, June 27
12 p.m. to 1:30 p.m.
Nicklaus Children's Miami Lakes Outpatient Center



Cost: Free with registration

This class is offered to parents and caregivers of children diagnosed with ASD.

Is your child having behavioral difficulties when you serve foods

that may not be a favorite? Does he/she like to eat only certain foods, gag and/or spit when eating certain textures? Is your child eating only pureed foods? Participants will learn and discuss the oral-motor, sensory and behavioral deficits in children with autism spectrum disorders which may be causing these meal-time challenges. Led by a Nicklaus Children's speech-language pathologist, this class will help parents and caregivers identify ways to improve diet at home and encourage positive attitudes towards eating. For more information or to register, please email Wendy.Johnson@mch.com or call 305-662-8282.

Lactation Support Group

Friday, June 30
11 a.m. to 12 p.m.
Nicklaus Children's Hospital - Main Campus
Michael Fux Family Center



Cost: Free with registration

This group will meet monthly to provide participants information on breastfeeding. All mothers attending the class are encouraged to ask questions, voice their concerns on breastfeeding and share stories about their experiences. This group will enhance the overall understanding of breastfeeding and will provide resources for obtaining lactation supplies.

Participants are encouraged to bring their infants. To register, please e-mail Wendy.Johnson@mch.com or call 305-662-8282.

Calm Kids

Tuesdays
4 p.m. and 5 p.m. groups (cohorts grouped by age)
Nicklaus Children's Hospital - Main Campus
Division of Psychology



Cost: Most health insurance is accepted. Please check with your provider for details.

This eight-week group therapy program is designed for children ages 7 to 17 who have difficulty managing anxiety. Participants will learn how to cope with fear and worry, identify anxiety triggers and learn about different ways to reduce anxiety and increase self-confidence. Parents are invited to participate in a portion of each session to learn how to reinforce coping techniques at home. Parents who are interested in this program for their child will need to attend an evaluation session with a therapist prior to the start of the program. Groups will meet once a week.

For more information or to register please contact Jimena Colmenares at 305-666-6511 ext. 2325 or email Jimena.Colmenares@mch.com.

F.O.C.U.S. Program

Wednesdays
4 p.m. and 5 p.m. groups (cohorts grouped by age)
Nicklaus Children's Hospital - Main Campus
Division of Psychology



Cost: Most health insurance is accepted. Please check with your provider for details.

This group therapy program is designed for children ages 7 to 17 with behavioral issues, including but not limited to ADHD. Each weekly session teaches innovative techniques to assist children with managing feelings, developing organizational skills, maximizing their concentration abilities and socialization skills. Parents are invited to participate in a portion of each session to learn how to effectively manage behavior at home. The group will meet once a week for eight weeks. For more information or to register please contact Jimena Colmenares at 305-666-6511 ext. 2325 or email Jimena.Colmenares@mch.com.

Social Skills Group

**Nicklaus Children's Hospital - Main Campus
Division of Psychology**



Cost: Most health insurance is accepted. Please check with your provider for details.

Children and teens ages 7 to 17 are invited to join this small discussion group to learn how to make, cultivate and maintain friendships. Participants will learn basic conversational skills, and discuss the use of appropriate humor, how to electronically connect with others, and how to manage disagreements. To register, please call 305-666-6511 ext. 2325 or email Jimena.Colmenares@mch.com.