

Program Information: Therapy Plus Tutoring

Therapy Plus Tutoring is an integrated academic and therapeutic support program for students from kindergarten through high school who experience academic and emotional challenges. It combines counseling and targeted tutoring to promote overall well-being and academic success. The program addresses:

- Homework dysregulation
- Test anxiety
- Academic avoidance
- Concentration difficulties
- Reading and literacy delays
- Low self-esteem

Core interventions include:

- Emotional problem-solving skills
- Mindfulness and focus strategies
- Literacy-boosting activities
- Confidence-building exercises

Each session features customized mini-lessons and guided therapeutic activities targeting both emotional and academic growth. Clients benefit from individualized support that strengthens daily functioning across home, school, and social settings.