FREE Play Groups

Easter Seals Greater Houston offers free play groups for children, teens and adults. During these activities, we offer a skilled instructor to guide the class. If your child needs 1:1 attention, please plan to participate with your child unless otherwise discussed with instructor.

RSVP or questions: www.eastersealshouston.org
Ashley Nichols - 281.840.1110 - ANichols@eastersealshouston.org

Tuesdays

1st

On the 1st Tuesday of each month:

Teen/Young Adult Night
Ages 14 +
6:00pm to 7:30pm

Topics discussed at Teen/Young Adult Night are at discretion of the participants. Typically we talk about issues relevant to emerging young adults. We will eat dinner, chat and play a game or two. Please be advised that topics such as religion, education, careers, and more have been introduced by participants in the past.

Dog Therapy from 6:00 to 6:30pm most evenings.

3rd

On the 3rd Tuesday of the month:

Yoga & Dance - Ages 6 to 18

Yoga - 6:00 to 6:45pm
Teachers reinforce memory, independence, and group focus while emphasizing stretching and breathing techniques.

Happy Feet Dance & Music - 6:50 to 7:35pm
This dance class includes rhythmic games that stimulate both hemispheres of the brain; full body movements that improve coordination and body awareness; specific tap steps with slip on tap shoes for personal expression and sensory fun!

2nd & 4th

Each Week

On the 2nd & 4th Tuesdays of the month:

Karate - Ages 6 to 18 years old

Intermediate Class (by invitation from instructor) - 6:00 to 6:45pm

Beginner Class (waitlist is available) - 6:50 to 7:35pm

Each Tuesday evening:

Open Lab - 5:30 to 7:30pm & by appointment - All Ages

Contact Cristen Reat: creat@eastersealshouston.org or 713.838.9050 ext. 383

BridgingApps offers Assistive Technology Services in Texas (Houston, The Woodlands and Stafford). Each AT Lab has Open Lab Days open to the public without an appointment for visitors to explore a variety of assistive technology, including adapted toys and switches, specialized software and computer equipment, communication

Thursdays

2nd & 4th

Each 2nd and 4th Thursday: Open Lab & Play-a-palooza

Contact Tara Rocha: TRocha@eastersealshouston.org or 832.707.7672

BridgingApps Open Lab - 9:30am to 1:30pm - All Ages

With our trained staff, come learn tech tips for navigating your mobile device. This is a great time to try some of our mobile app favorites before you commit to purchase (see more details BridgingApps.org).

Play-a-palooza - 10:30am to 12:00pm - Ages 0 to 5

Each 2nd and 4th Thursday, Easter Seals offers a variety of fun activities based on interest of participants. We will dance, sing, play and drum! Join us in the fun!

Easter Seals Greater Houston - Central Office
4888 Loop Central, Suite 100, Houston, TX 77081

Easter Seals Greater Houston - Southwest Outreach
12300 Parc Crest, Suite 160, Stafford, TX 77477

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