

MINECRAFT

Virtual Skill-Building & Self-Esteem Boosting for Neurodivergent Kids

Helping children ages 7–11 develop essential social skills, confidence, and emotional regulation in a safe, engaging, and structured Minecraft environment.

Specializing in support for: ADHD, AuDHD, Autism, OCD, Tourette's, Learning Disabilities, and Speech Impediments.

 Led by a Licensed Therapist & Special Education Teacher

 Group meets on Google Meets and concurrently on Minecraft Bedrock

DOES YOUR CHILD...?

- Struggle with impulse control and taking turns?
- Have difficulty managing emotional outbursts?
- Find it challenging to communicate and make friends?
- Experience anxiety or frustration in social situations?
- Have trouble with problem-solving and transitions?
- Feel isolated or struggle to connect with peers?

ARE YOU A PARENT WHO...?

- Feels overwhelmed by your child's constant talking or difficulty with transitions?
- Worries about your child's social skills and ability to make friends?
- Struggles to manage emotional outbursts and impulse control at home?
- Needs support in reinforcing skills that can be used in school and everyday life?

EXPERT-LED, PLAY THERAPY FOR LASTING SOCIAL GROWTH

Led by Victoria Prisco, a **Special Education Teacher, Creative Arts Therapist** and **Licensed Professional Counselor**, this interactive group specializes in skill-building and enhancing self-esteem for children with **ADHD, AuDHD, Autism, OCD, Tourette's, Learning Disabilities, and Speech Impediments**. Through guided teletherapy on Google Meet and interactive Minecraft gameplay, children learn practical strategies for improving social skills, emotional regulation, and communication.

Parents of children enrolled in the group can set up **parent support sessions** to help build on skills learnt in group!



THIS GROUP AIMS TO HELP YOUR CHILD:

- Manage impulsivity – Learn how to resist blurting out, interrupting, or dominating conversations.
- Develop patience and turn-taking – Practice waiting, compromising, and handling moments when they don't get their way.
- Improve emotional regulation – Work on transitioning from screen time to family time with reduced frustration.
- Build friendships in a virtual space – Foster connections in a safe environment to combat bullying, loneliness and improve self esteem.
- Strengthen problem-solving and conflict resolution skills – Learn how to compromise instead of shutting down or destroying.
- Support communication skills – Provide opportunities to practice verbal and non-verbal communication in a structured setting.

💡 This structured program combines therapy and play to enhance communication, teamwork, and emotional regulation, giving children the skills they need to succeed in school, at home, and in social settings.

HOW IT WORKS: THE STRUCTURE OF OUR SESSIONS

- 60 minute on-camera group discussions via HIPAA-compliant Google Meet
- Concurrent gameplay on a private, Minecraft Bedrock server
- Multi-platform access (iPad, mobile, console, computer)
- Small group size (limited to 10 participants)
- Flexible participation – kids can play actively or listen & engage in discussions



Sessions designed to spark conversations about real-life challenges, build coping skills, and foster social support.



SUPPORTING PARENTS & STRENGTHENING THE FAMILY SYSTEM

Unlike traditional therapy groups that only focus on the child, or parent Victoria aims to support the entire family system. Parents of Minecraft enrollees will have the option of scheduling parent support sessions.

These sessions focus on:

- Strategies to help manage your overstimulation
- Techniques to support your child's impulse control, emotional regulation, and self-esteem building
- Guidance for easing daily transitions, improving routines, and reducing screen-time battles
- Practical tools to implement at home that can be concurrently used at school through 504 Plans & IEPs.



ENROLLMENT & NEXT STEPS

Secure Your Child's Spot in Our Virtual Minecraft Therapy Group!

- Open to children ages 7-11 seeking social skills development
- Limited enrollment – only 10 children per session to ensure personalized support
- Weekly sessions – Tuesdays from 4:30 – 5:30 PM ET
- Led by an experienced therapist & special education teacher
- In network with United Healthcare, United Healthcare EAP, Aetna, Carelon, Cigna

Visit: <https://levelupwellnesshub.com/minecraft-adhd-therapy/>

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