



# RIVERSIDE FAMILY AFTER-SCHOOL PROGRAM

## Who We Serve

Riverside offers a structured, therapeutic after-school program for children ages 6-12 who have experienced various challenges, including but not limited to neglect, homelessness, various forms of abuse, or trauma-related and neurodevelopmental diagnoses such as PTSD or ADHD. The primary goal of the Family After-School Program is to prevent hospitalization or out-of-home placement for youth who require therapeutic services and cannot attend a traditional after-school setting. We provide critical programming to youth living in the Cambridge and Somerville area, who are referred by the Department of Mental Health (DMH).

## What We Offer

We provide clinically intensive, trauma-informed services so children can learn to express themselves and gain coping skills to help them succeed at school, at home, and in their community. We offer individual services along with group activities like art and movement therapy, trauma-informed yoga, and a space for discussing difficult topics and building peer relationships. Through these activities children strengthen their social skills and decision-making, and learn to self-regulate as they navigate their daily routines.

## Family Involvement

Family support and collaboration is very important to children's success in the program. To enhance connections, we hold monthly events such as movie night and art night, and regular youth advisory meetings and family forums. Our philosophy is that "a child cannot be treated apart from their family, nor can the family be treated apart from the larger community."

## Hours of Operation

The Family After-School Program is typically open **weekdays during the school year from 2:30-5:30pm**, and **during the summer from 1:00-4:30pm**. Transportation home after the program can be provided; a child would be home at the latest 6:15pm.

## For more information

Rachel Carr, LICSW  
Program Director  
rcarr@riversidecc.org  
(781) 483-2829

## Family After-School Program

117 Summer Street  
Somerville, MA 02143

**Riverside Community Care**

Leading the Way in Behavioral Healthcare & Human Services