

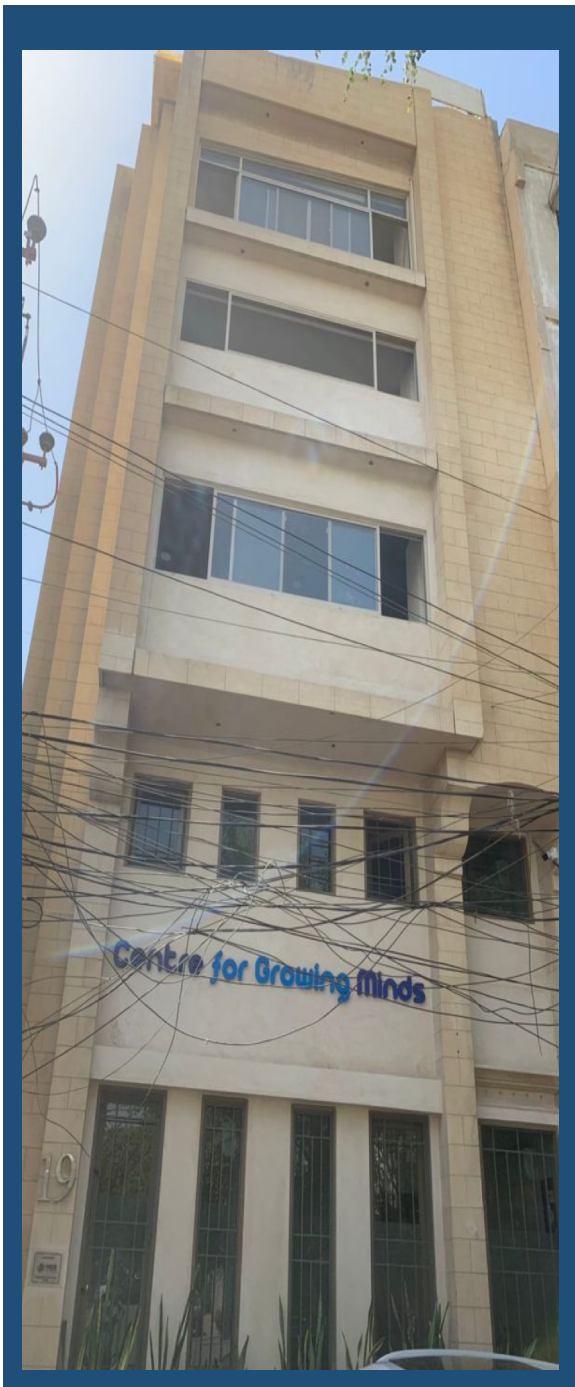


CENTRE FOR GROWING MINDS

NOVEMBER NEWSLETTER

www.growingminds.com.pk

12TH December 2022 – VOLUME 2



Dear Parents,

Welcome to the first newsletter in over 6 months. How time flies! We have already been at our new Yaqin Place building now for already 6 months.

Like the rest of you the last 6 months has been challenging to say the least both on a personal and professional front. However few things had to give so we could ensure our priority remains to keep up the service levels to all our clients.

By Allah's grace all our relocation issues are now behind us. We reaffirm our commitment to continue to enhance our facility for ease of our clients to our own facility.

I am also pleased to also inform you that Ahlam Premjee has recently passed her BCBA examination and Centre of Growing Minds is pleased to announce that her services will now be available full time, under my supervision, with us going forward. As you will have noted we have added a new BCBA consultant room for her on the first floor. This should help reduce the backlog of over 50 patients currently waiting to get consultancy appointments

Additionally, since our last Newsletter, we have some additions to our care team members in Batool Ali, Yusraa Bilwani and Talha Ahmed while Minal Neel has relocated to USA for her further studies.

As is the case with all members of our Care Team, we are all bound by the BCBA code of conduct and ethics that are a critical part of our work.



CENTRE FOR GROWING MINDS

NOVEMBER NEWSLETTER

www.growingminds.com.pk

12TH December 2022 – VOLUME 2



Furthermore, in addition to the male prayer area on the roof a female prayer area has been made on the second floor.

As we are in the process of continuously improving our facility we will be sharing a Newsletter with you regularly and look forward to any feedback you can give that will help us improve our facility further.

Please note our website www.growingminds.com.pk has also been updated to include our new team members.

I am also pleased to inform you that after going on maternity leave earlier in this year, I am now almost back to work on a full-time basis.

At the Centre for Growing Minds we affirm our commitment to continuously keep up to date on research in the field and strive to implement the same towards improving your day to day lives.

Kindly contact Ashbeel at the Reception to book an appointment.

Sincerely,

Areesa Chinoy
Founder

CENTRE FOR GROWING MINDS

NOVEMBER NEWSLETTER

www.growingminds.com.pk

12TH December 2022 – VOLUME 2

ADDITIONS TO OUR CARE TEAM:



Batool Ali



Yusraa Bilwani



Talha Ahmed

WORKSHOPS:

We will also be getting guest lecturers/speakers to come in from time to time on Saturdays for coffee mornings/afternoons.

I would like to invite you the parents, as my guests, to tour our facility for the first coffee morning to be held at our Multipurpose Hall on the Second Floor on Saturday 21 January 2022 from 11 am to 1 pm.

Interested parents please RSVP to Ashbeel so that adequate arrangements can be made.





CENTRE FOR GROWING MINDS

NOVEMBER NEWSLETTER

www.growingminds.com.pk

12TH December 2022 – VOLUME 2

FIRST AID TRAINING CERTIFICATION FOR YAQIN PLACE:

We are pleased to announce that all the staff at Yaqin Place are certified for First response First aid training.



First Response Initiative of Pakistan

Office# 404, 4th Floor, Amber Estate Ext,
KCH Society, Main Shahrah e Faisal,
Karachi, Sindh,
Pakistan

Telephone: +92-332-374-7111
Email: contactus@frip.org.pk
Website: <http://www.frip.org.pk>
Facebook: www.facebook.com/Fripakistan

5TH JULY 2022

To whom it may concern,

First Response Initiative of Pakistan (FRIP) is a registered non-governmental organization (DSW3994-K), founded in 2010 to save the lives of those inflicted by trauma. In Pakistan, trauma is the one of the most prevalent causes of mortality, and FRIP aims to reduce its burden on healthcare and economy of the country. Our aim is to train the entire population of Pakistan, creating a team of first responders, in order to prevent mortality and morbidity caused by trauma in our society.

Please note that this letter is written to acknowledge, confirm, and certify that the following personnel, as per Annexure-A, have received **complete training on First Aid** by **First Response Initiative of Pakistan (FRIP)** on **28th May 2022 from 10:30 am to 01:00 pm**. This training was arranged through the courtesy of **Centre For Growing Minds** located at Yaqin Place 19-C Sunset Commercial Street 1, DHA Phase IV, Karachi.

The entire staff along with the audience was very cooperative and it would be our honor to hold more workshops for them in the future.

Regards,

HASHIR ALI AWAN
PRESIDENT
FIRST RESPONSE INITIATIVE OF PAKISTAN (FRIP)
EMAIL: HASHIR.AWAN@FRIP.ORG.PK
PHONE: +92 332 383 3199



Learn. Spread. Save Lives.



CENTRE FOR GROWING MINDS

NOVEMBER NEWSLETTER

www.growingminds.com.pk

12TH December 2022 – VOLUME 2

GROUP SESSIONS:

We are happy to announce that in addition to our dance classes, we have recently introduced yoga classes and there is more to come soon. Yoga sessions are conducted by Nehel Lali, part of Flex.Abilities, as part of a collaboration with ABA therapy – All sessions are conducted by both our yoga instructor and RBT. Slots are currently available for children aged 5-7 years old. Please contact reception if you are interested in joining in.

We have also recently hired a teacher to target ‘mindfulness and art’ as part of our regular social skills class. Excited to see how that turns out!



ONLINE SESSIONS:

For those parents that find commuting to the centre regularly difficult or living outside Karachi, we have our therapist, Sarah Amin, continue to facilitate online sessions. This is of course only applicable to those children able to access online learning.

We will also be introducing an online social skills class for kids age 10-12 to facilitate our clinics located in Dubai, Abu Dhabi and Saudi Arabia.



CENTRE FOR GROWING MINDS

NOVEMBER NEWSLETTER

www.growingminds.com.pk

12TH December 2022 – VOLUME 2

