

Abilis Offers Classes This Fall for Parents and Young Children with Developmental Needs

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New parents and their babies and toddlers have several new opportunities this fall to have fun, learn new things, enjoy music, playtime and make new friends in the new playgroup classes being offered at The Therapy Center at Abilis in Stamford.

— *an announcement from* [Abilis](#)

Baby & Me offers separate classes for ages 0-6 months, 7-12 months and 13-18 months; My Toddler & Me offers a class for two-to-three year olds. Both programs are on Mondays and run for six weeks with classes on Oct. 3, 17 and 24, and Nov. 7, 14 and 21.

Each program costs \$200 for the six classes, and registration can be made online at [abilis.us](#) or by calling 203-324-1880 x 315. For specific times and more information on the classes visit [abilis.us](#).

“We are excited to be able to offer these new classes at The Therapy Center at Abilis,” said Sharon Hoffner, PT, DPT, one of the program leaders. “We’ve noticed that there is a need for new baby and toddler programs in Fairfield County and we have a great facility centrally located in Stamford to attract families from throughout the area.”

Baby & Me

The Abilis’ Baby & Me class focuses on supporting new parents and their babies, creating bonding experiences and encouraging developmental milestones as well as creating opportunities for sensory

processing — all in a nurturing and supportive environment.

A variety of parenting and play topics will be integrated with music, infant massage, mindfulness and play. Baby & Me is led by Liz Fornari and Sharon Hoffner.

Fornari, M.S., OTR/L, a pediatric occupational therapist with more than 15 years of experience working with young children.

Hoffner, PT, DPT, who has been working with children for more than 25 years as a pediatric physical therapist. Sharon started her career with a degree in dance and teaching movement classes, so she brings that experience to the group as well.

My Toddler & Me

For toddlers ages two and three, the My Toddler & Me class offers an interactive 6-week program focusing on exploring movement, while encouraging developmental milestones in a play-based structure.

As a toddler and parent group, a variety of toddler topics will be discussed, all while integrating music, mindfulness and play. My Toddler & Me is led by Sharon Hoffner.

The Therapy Center at Abilis

The Therapy Center at Abilis provides Birth to Three programs, including early intervention programs to help families address the diverse developmental and health-related needs of infants and toddlers.

Abilis pairs children and families with teachers and therapists who deliver an individualized therapy program based on identified goals and objectives.

One of 11 Birth to Three service providers in the state of Connecticut with an autism designation, Abilis provides diagnostic and intensive services to children with an autism diagnosis.

To learn more about The Therapy Center at Abilis, visit abilis.us or call 203-324-1880 x 315.

About Abilis

Abilis is a 501(c)3 non-profit organization that supports more than 800 individuals with disabilities and their families from birth throughout their lives. Founded in 1951, Abilis provides individualized care in towns including Darien, Greenwich, New Canaan, Norwalk, Ridgefield, Stamford, Westport and Wilton.

For more information, visit www.abilis.us, or follow on [Facebook](#) @Abilis, Inc., [Instagram](#) @abilis_us or [Twitter](#) @Abilis.