

# CLINICAL SERVICES SENSORY KITS

## about clinical services

### Frances Bunzl Clinical Services

Provides guidance and support for adults, couples, and families experiencing life's challenges.

### Horowitz-Zusman Child & Family Center

Provides a holistic approach to the mental health challenges of children, teens and their families.



## make sensory kits

Assemble fidget kits that Clinical Services clients of **all ages** can use for emotional regulation and stress relief during and outside of therapy sessions.

- ✓ **Collect 5 or more fidgets for your kits and pack in a resealable bag.**

*Check out our wish list for suggested fidgets:*

[Fidgets for Kids](#)

[Fidgets for Teens & Adults](#)

You can also create DIY fidgets to include in the kit, including homemade stress balls or sensory water bottles.

*Optional:* Include a handwritten note with words of encouragement.

## did you know?

In FY 2024  
JF&CS held

# 11,700+

COUNSELING & CLINICAL  
SESSIONS

more than  

# 18%

of youth had a  
major depressive  
episode in the  
past year\*

“We use fidgets as part of our psychoeducational testing. We like to see which are helpful to a student, which aren't, and their ability to figure out when a fidget is helping them stay focused.”

—Lori Wilson, Ph.D., Licensed  
Clinical Psychologist

If you're interested in  
**mental health services**, contact  
us to make an appointment:  
[therapy@jfcsatl.org](mailto:therapy@jfcsatl.org) or  
770.677.9474.

Email the Volunteer Engagement team at [volunteer@jfcsatl.org](mailto:volunteer@jfcsatl.org) to schedule kit drop off.

\*SAMHSA Highlights for the 2023 National Survey on Drug Use and Health