WHAT IS DOC WAYNE?

Doc Wayne is an award-winning non-profit headquartered in Boston. Since founding in 2002, Doc Wayne has pioneered the approach to sports-based, mental health services that has catalyzed a movement. Our approach, accessible to clinicians, coaches, and educators around the world puts sport and play into practice using an evidence-informed curriculum incorporating social-emotional learning and life skills.

Doc Wayne’s flagship program in Boston called Chalk Talk® destigmatizes mental health. Our program is offered on a weekly basis in school systems and other youth-serving organizations. Our team leads weekly sessions with students, ages 5-18, designed to support them as they process and persevere through adversity. We believe that by supporting the Whole Child — on the field and off — we can develop more resilient learners and leaders.

Over time, as individuals and in teams, they learn to heal together, grow together, and win together.

We believe that together as one world and one team our impact can be greater. Thank you for being part of our team.

CHALK TALK® AT A GLANCE:

- Weekly 45-60 minute group sessions
- Each group session serves approximately 8-12 students
- Groups meet on-site in the school’s gym or comparable space, typically during the school day or after school. Video here: https://youtu.be/-xE4B5u1dVo

BECAUSE OF DOC WAYNE, I HAVE SEEN AN ENTIRE IMPROVEMENT IN EVERY PART OF HIS LIFE.”

→ PARENT
ADDITIONAL SERVICES OFFERED:

- **TELEHEALTH** - Doc Wayne’s Telehealth program ensures clinicians can always connect with their clients. Conducted through Zoom’s secure platform, Doc Wayne clinicians provide individual therapy, Therapeutic Mentoring, and group therapy remotely, with intakes managed while students are at school or at home.

- **THERAPEUTIC MENTORING (TM)** - We believe that a 1-on-1 approach to mental health can change the world. Doc Wayne’s Therapeutic Mentoring program pairs mentees with coaches for structured, strength-based support services, in person and remotely. Over time, mentees build trust, learn to heal, grow, and connect to themselves and their community.

- **THERAPEUTIC RECESS** - There is no better way to get to know young people than through play. Doc Wayne’s Therapeutic Recess is a program for students that provides structure, programming, and oversight during the school day, giving clinicians an opportunity to build relationships and access social emotional skills.

- **THE CHAMPIONS NETWORK** - The Champions Network is a virtual training portal created for coaches, clinicians, and teachers to harness the power of sport to improve mental health for all. Trainings related to trauma-informed sport and Doc Wayne’s innovative Creating Champions curriculum are available for individuals and organizations. [Video here: https://youtu.be/jlhrbT2zLHo](https://youtu.be/jlhrbT2zLHo)