CLUB NF LOCATIONS

Club NF hosts FREE events in the greater St. Louis area for families with children with NF1. Event locations occur in both community and privately-owned, accessible facilities. Some past event locations include:

- Des Peres Lodge
- Powder Valley Nature Center
- Fun Spot Skating Center
- Tropicana Lanes
- Missouri Botanical Gardens
- Upper Limits
- The Magic House
- Schnucks Cooking School

For more information about Club NF, please contact the Team NF Coordinator at clubnf@neuro.wustl.edu.

© 2013, St. Louis Children’s Hospital
The Washington University NF Center, partnering with the St. Louis Children’s Hospital Foundation, is proud to provide Club NF — a FREE, bi-monthly, play-based therapy program for children with NF1 in kindergarten - 8th grade.

WHAT IS PLAY-BASED THERAPY?
Our St. Louis Children’s Hospital therapists directly interact with our children, and use everyday activities to work on skills often delayed in children with NF1. From swimming (motor skills) to theatre (attention skills), Club NF is designed to give our children the tools they need to be successful.

WHAT IS NF1?
Neurofibromatosis Type 1 (NF1) is the most common type of Neurofibromatosis, affecting approximately 1 in 2,500 individuals worldwide. NF1 is more common than cystic fibrosis, hereditary muscular dystrophy, Huntington’s disease and Tay Sachs combined. NF1 affects almost every organ system, causing a predisposition for tumors to grow on nerves in the brain and throughout the body. In addition, children with NF1 also struggle with delays in learning, attention, and motor skills.

MISSION
Club NF attempts to empower families and children with NF1 through the use of play-based therapy and education. We create a safe, fun environment for families with NF1 to learn more about this condition as well as to foster healthy communication and interactions with peers.

HOW DOES CLUB NF HELP MY CHILD?
Club NF provides FREE therapeutic opportunities for your child. Our St. Louis Children’s Hospital therapists will work directly with your child on skills often delayed in children with NF1, including gross motor skills, fine motor skills, attention skills and social skills.

In addition to receiving therapy, your child will also have the opportunity to meet other children with NF1. Our goal is to foster an environment of teamwork and friendship where everyone can learn and grow together while showing children that they can be successful in a variety of activities.

WHAT DOES A TYPICAL CLUB NF EVENT LOOK LIKE?
Each of our events is designed to address a specific set of skills often delayed in children with NF1. While the children are working on those skills with their therapists, our parents have the opportunity to speak with NF specialists to learn more about NF1 and implement the strategies used in Club NF activities.

PREVIOUS EVENTS INCLUDE:
• Swimming to improve coordination skills
• Hiking to promote health and well-being
• Skating as an opportunity to practice shoelace tying
• Board games and bowling to encourage social skill development
• Acting to improve attention skills
• Gardening to enhance fine motor skills
• Rock climbing to encourage strength
• Chess to promote planning skills

PAST NF SPECIALIST TALKS INCLUDE:
• Behavior modification
• Raising children with NF1
• Academic concerns
• Using iPad Apps to improve skills
• Working on fine and gross motor skills at home

TESTIMONIALS
“It was just wonderful to be with other [families] going through the same thing. We appreciate this!”

“I feel like I’m part of a big family that is just like me. It makes me feel happy.”