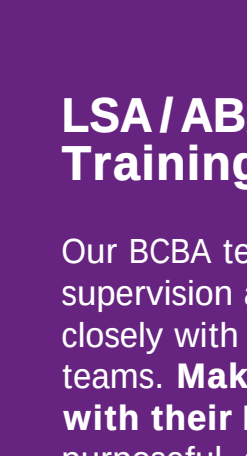


My Favourite Quote:

Communication opens doors to learning, friendship, and opportunity. Helping someone communicate is helping them participate in life.

Hanouf Hassan
Senior Speech & Language Therapist



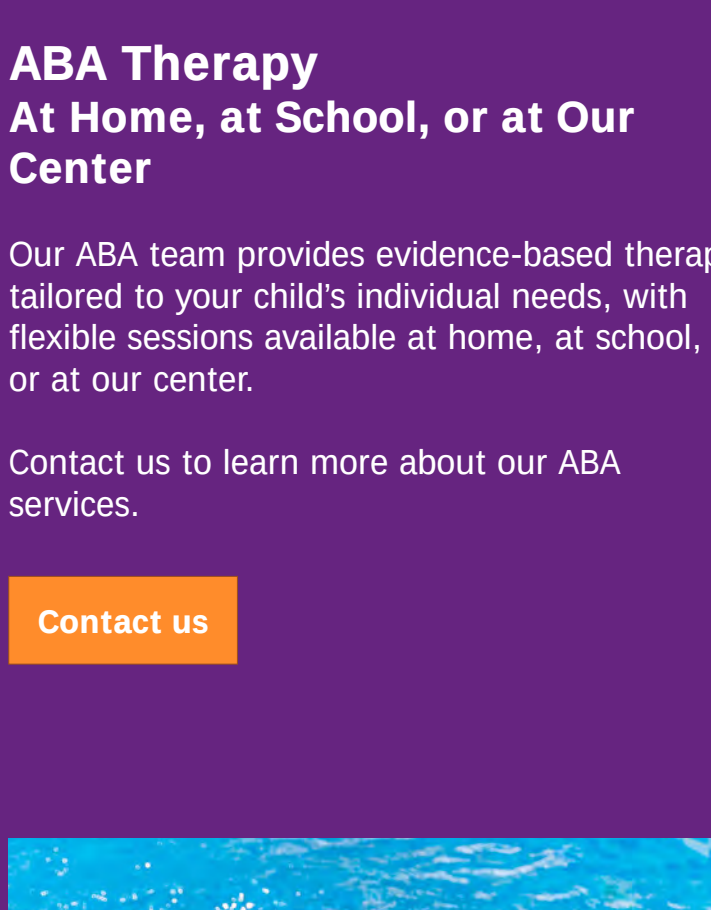
Latest News

LSA/ABA Supervision & Training

Our BCBA team provides school-based supervision and training for LSAs, working closely with families, teachers, and school teams. **Make the most of your child's time with their LSA** by ensuring their support is purposeful, consistent, and guided by clinical expertise.

Contact us to learn more about our School-Based LSA Supervision services.

[Contact us](#)



ABA Therapy At Home, at School, or at Our Center

Our ABA team provides evidence-based therapy tailored to your child's individual needs, with flexible sessions available at home, at school, or at our center.

Contact us to learn more about our ABA services.

[Contact us](#)

Make a Splash All Year Round! Year-Round Hydrotherapy

Led by our physical therapists, hydrotherapy uses the benefits of water to support movement, strength, flexibility, postural control, and comfort. Every session is tailored to your child's individual goals.

Contact us to learn more about our hydrotherapy services.

[Contact us](#)



Hippotherapy Is Coming This Winter!

Does your child love horses? Join Neha & Hadeel, our hippotherapy-trained therapist, for therapeutic sessions that harness the unique movement of the horse to support your child's development. Starting **Sunday, October 11th 2026**.

Contact us for more details. *Terms and conditions apply.*

[Contact Us](#)

New Therapists



Neha Dhamankar
Senior Pediatric Physical Therapist

[Read more](#)



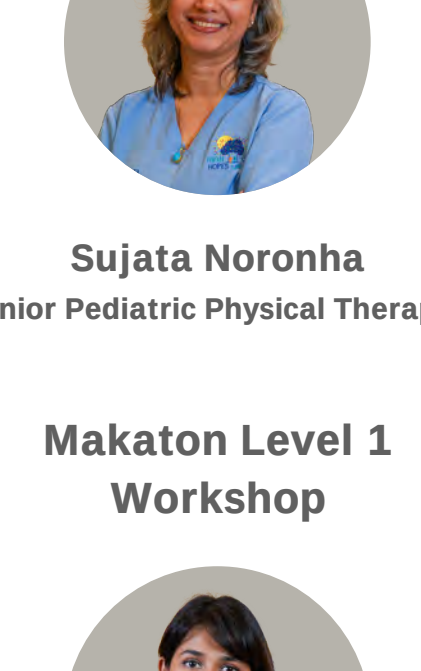
Ali Ramadan
Senior Physical Therapist

[Read more](#)



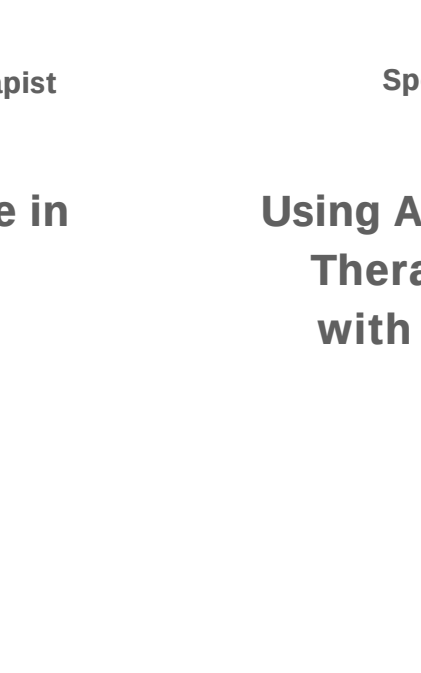
Rachel Reece
Senior Occupational Therapist

[Read more](#)



Hanin Zaboura
Senior Speech & Language Therapist

[Read more](#)

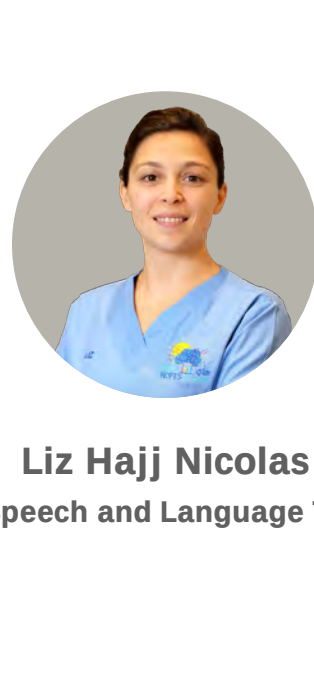


Jarienne Riazon
ABA Therapist

[Read more](#)

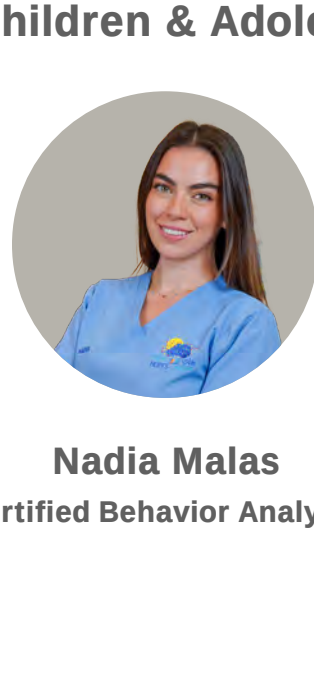
Newly Certified & Trained

ISST The Schroth Method – Part I



Kunali Doshi
Senior Pediatric Physical Therapist

TASES for the Lower Quarter and Pelvis and Adolescents



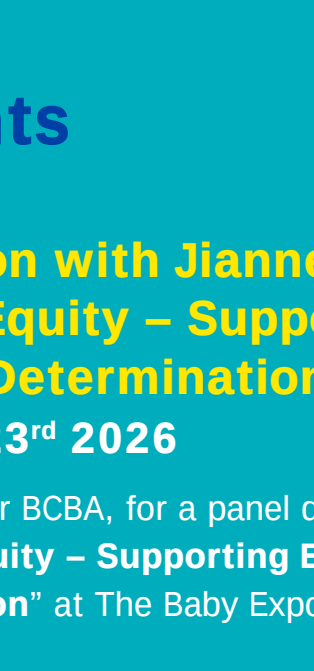
Sujata Noronha
Senior Pediatric Physical Therapist

CLASI Module 2: Comprehensive Assessment in ASI



Tania Padovan
Pediatric Occupational Therapist

Makaton Level 1 Workshop



Sasha Benedict
Speech and Language Therapist

Artificial Intelligence in Healthcare



Liz Hajj Nicolas
Senior Speech and Language Therapist

Using Acceptance & Commitment Therapy (ACT) Kidflex Model with Children & Adolescents



Nadia Malas
Board Certified Behavior Analyst (BCBA)

[Book Now](#)

Upcoming Events



Panel Discussion with Jianne: Inclusion and Equity – Supporting Every Child of Determination

Friday, October 23rd 2026

Join Jianne Baban, our BCBA, for a panel discussion on "Inclusion and Equity – Supporting Every Child of Determination" at The Baby Expo in Dubai.

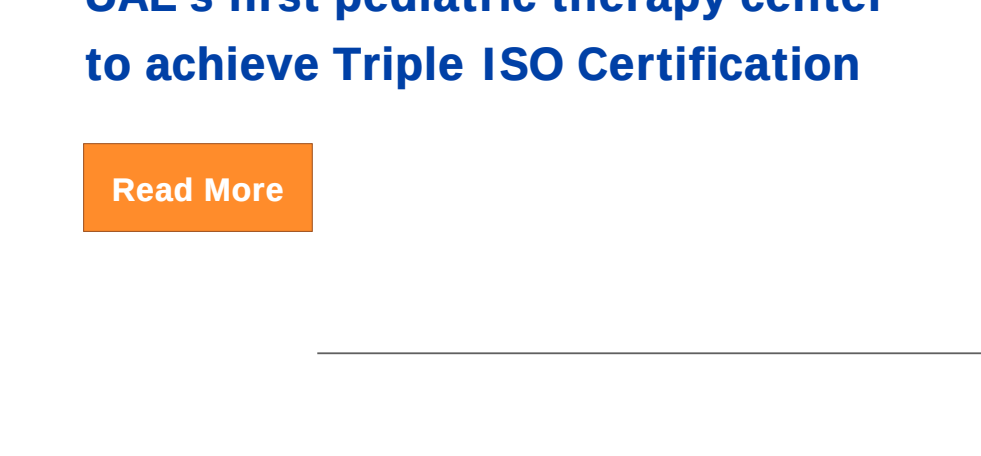
[Meet Jianne](#)

Our Amazing Hydrotherapists are Coming Back!

Monday, October 19th 2026 - Saturday, November 7th 2026

High Hopes offers intensive aquatic physical therapy sessions throughout the year. We use the **MITAF** programme (Método Integral de Trabajo Acuático Funcional), or the Integral Method of Functional Aquatic Work. The sessions will be delivered by our Spanish partners, **Dr Lourdes Escobar** and **Prof Charo Belenguer**.

[Book now](#)



High Hopes has become the UAE's first pediatric therapy center to achieve Triple ISO Certification

[Read More](#)



We hold three ISO certifications.

#ForTheSuperSpecialOnes

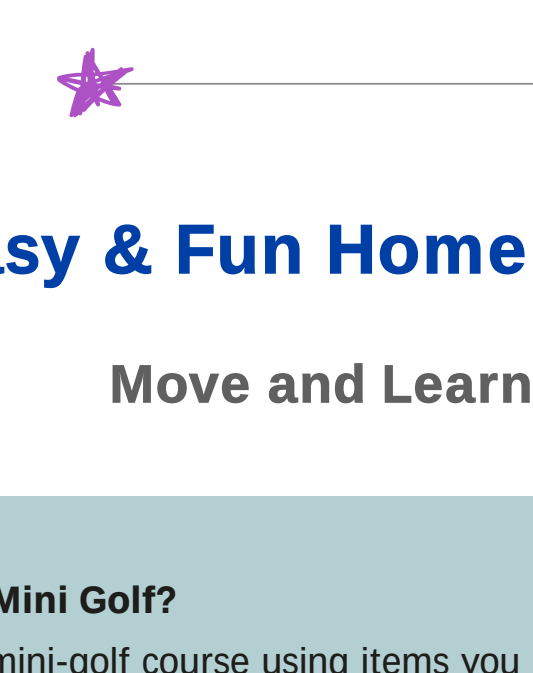
Our happy breakthrough bulletin



Making progress in Physical Therapy



Finding their voice in Speech & Language Therapy



Growing through play in Occupational Therapy



Building skills in ABA Therapy



Easy & Fun Home Learning Activities

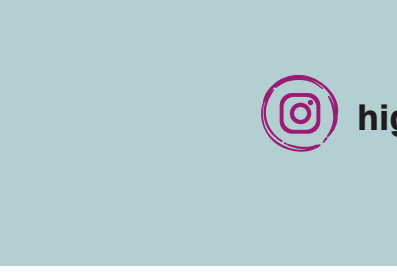
Move and Learn Through Mini Golf

What is Mini Golf?

Create a mini-golf course using items you already have at home. Children can move through the obstacles by walking, crawling, jumping, wheeling, or whichever way works best for them. The ball can be hit, kicked, pushed, rolled, or thrown towards the "hole."

What Are the Benefits?

- Improves balance and coordination
- Builds strength and body awareness
- Supports motor planning
- Develops hand-eye and foot-eye coordination
- Encourages problem-solving
- Promotes whole-body movement



What You'll Need

- A soft ball or rolled-up socks
- A cup, bowl or box for the "hole"
- Cushions, blankets, boxes, bottles or books
- A toy club, bat, pool noodle or cardboard tube

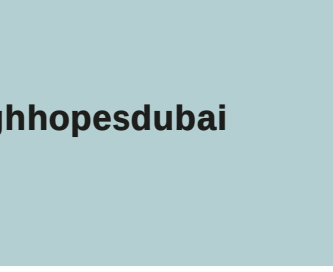


How to Play

- Create a simple obstacle course.
- Place the "hole" at the end.
- Take turns moving the ball towards the target.
- Add challenges such as crawling, jumping, balancing or reaching.
- Let your child help design the course!

Make It Work for Your Child

- Use a larger ball or target to make it easier.
- Move the target farther away for a bigger challenge.
- Cushions, standing, wheeling or with support.
- Reduce or add obstacles depending on your child's ability.



Remember: there is no right or wrong way to play. The goal is to move, explore, and have fun!



Neha Dhamankar
Senior Pediatric Physical Therapist

[@highhopesdubai](#)