

Back-to-School Wellness Camp

4-day camp designed to help kids build confidence, manage anxiety & stress, & get ready for a successful school year!

When: Tuesday-Friday, **August 18-21**

9:00 a.m. - 1:00 p.m.

Where: 25 W Union St, #204
Ashland, MA

- **Who:** Small group of 3-7 kids, ages 8-12, led by a doctoral-level psychologist & supported by college students. Kids with social anxiety, performance anxiety, &/or ADHD. No formal diagnosis required.
- **What:** Build practical wellness habits, coping skills, & confidence through fun, hands-on activities, art, music, exercise, yoga, nature, games, & more! Use of office, woods, & playground space!
- **Why:** As summer ends & school approaches, this camp helps children build coping skills, wellness habits, & confidence for a successful transition back to school!

Skills Targeted:

- Mindfulness, Breathing, & Visualization
- Emotion Regulation
- Self-Monitoring & Social Connection
- Psychoeducation about the brain, anxiety, & mind-body connection
- Positive Self-Talk & Self-Esteem

What to Expect:

- Therapeutic & Compassionate Approach
- Use of Research-Supported Tools & Strategies
- Take-Home Wellness Toolbox
- Cost: \$250/day



Contact:

BennettABCforChildren.com

