

# Summer Groups & Camps!

## ***INTENSIVE WEEK-LONG GROUPS...***

July 16 - 20...

### **Girls Group - Part 1: Exploring Me and Getting Stronger**

Girls ages 9-12                      12:00 - 1:15pm

Facilitator: Renee Koutras, MHC

### **Impulse Control Tips & Executive Functioning Skills - Part 1**

Co-ed, middle school              1:30 - 2:45pm

Facilitator: Renee Koutras, MHC

July 23 - 27...

### **Girls Group - Part 2: Friendships and Healthy Conflict Resolution**

Girls ages 9-12                      12:00 - 1:15pm

Facilitator: Renee Koutras, MHC

### **Impulse Control Tips & Executive Functioning Skills - Part 2**

Co-ed, middle school              1:30 - 2:45pm

Facilitator: Renee Koutras, MHC

July 30 - August 3...

### **Start Strong: Get Ready for School!**

Co-ed ages 12-14                      12:00 - 1:15pm

Facilitator: Renee Koutras, MHC

### **Putting My Best Self First this School Year**

*A supportive week for LGBT youths.*

Co-ed ages 12-14                      1:30 - 2:45pm

August 6 - 10...

### **Social Skills Boot Camp for Autism Spectrum Disorders**

Co-ed ages 8-12                      12:00 - 1:15pm

Facilitator: Renee Koutras, MHC

### **Transitioning for Life Skills Week**

Co-ed ages 12-14                      1:30 - 2:45pm

Facilitator: Renee Koutras, MHC

***SEE REVERSE FOR WEEKLY GROUPS & CAMPS!***

# Summer Groups & Camps!

## **WEEKLY GROUPS...**

### **Depression and Anxiety Group for Teens**

Co-ed, high school

Mondays 5:00 - 6:00pm

Facilitator: Renee Koutras, MHC

### **Social Skills Group**

Boys ages 11-14

Wednesdays 4:30 - 5:30pm

8 weeks - June - July

Facilitator: Erica DuPont, LCSW

## **CAMPS!**

### **Play, Explore, Create, Relax!**

Join us at the office for a week filled with exciting and fun therapeutic activities. Each day will focus on one specific topic and will include art, mindfulness, relaxation, games, and some fun surprises!

Ages 12-16      June 11 - 15      1:00 - 4:00pm

Facilitator: Erica DuPont, LCSW

### **Take Me Out....A New Place Each Day!**

This camp is for those who want to get out and do stuff with peers! Each day a different trip will be planned...always a fun time; last year the kids had a blast!

Ages 12-16      July 9 - 13      11:00 - 4:00pm

Facilitator: Erica DuPont, LCSW

**SEE REVERSE FOR DAILY WEEK-LONG GROUPS!**