

# PROTHERAPYPLUS SUMMER 2024!

## **SOCIAL ANXIETY ART CAMP**

This week-long camp will take our campers into the art community, exposing them to amazing art experiences while tackling social anxiety through direct exposure and group processing. Camp will meet June 17-21st from 11:00am-3:00pm. Ages 14+

## **PERFECTLY WEIRD, PERFECTLY YOU**

This 8-day camp is for kids 10-13 looking to gain self-acceptance, self-esteem and connect with like-minded peers. Meaningful conversations, games and crafts will include topics around peer pressure, social media, the comparison game, self-care and MORE! June 24-July 3rd, 9:00am-12:00pm

## **ADVENTURE A DAY CAMP**

Calling all 14-18-year-olds! Join us for a week full of adventure, visiting some of the hottest attractions in Tampa! Each day is a different trip. A great way to get out of your comfort zone, meet friends, practice social skills, and have a blast! July 8-12th from 11:00am-4:00pm.

## **ZONES OF REGULATION CAMP**

This curriculum-based camp is for kids ages 4-6. This week campers will engage in a social-emotional learning experience, created to teach children self-regulation and emotional control. July 8-12th from 12:30-3:30pm.

## **GIRLS JUST WANNA HAVE FUN!**

This camp is always a hit with our girls ages 10-12. Anything goes in this camp! Dance parties, picnics, talent shows, themed days, nails, hair chalk, bracelet making, games, crafts, treats and MORE! July 8-12th from 9:00am-12:00pm.

## **SOCIAL ANXIETY ART CAMP**

Couldn't make the first one or can't get enough?? This round two, week-long, camp will take our teens into the art community and exposing them to amazing art experiences while tackling social anxiety through direct exposure and group processing. Camp will meet July 15-19th from 11:00am-3:00pm. Ages 14+

## **SELF CARE CAMP**

It's that awkward time for middle schoolers that requires someone that is NOT their parent to teach them how to take care of themselves! This week-long camp will tackle all things self-care, helping kids create a toolbox for their personal needs and emotional well-being. July 15-19th from 12:30-3:30pm.

## **SOCIAL SKILLS INTENSIVE CAMP**

This week-long camp is for kids ages 8-10. A great way to practice and learn social skills while making friends and having a blast! A 10-week group condensed into an intensive week of social skills immersion. July 15-19th from 9:00am-12:00pm.