

# PROTHERAPYPLUS SUMMER 2024!

## **GIRLS WITH CONFIDENCE**

Calling all middle school girls! This camp will focus on enhancing self-esteem and confidence. Topics will include expressing feelings, positive decision making, conflict resolution, body image, friendships, coping skills, and MORE! July 22-26th from 9:00am-12:00pm.

## **SOCIAL SKILLS INTENSIVE CAMP**

This week-long camp is for kids ages 5-7. A great way to practice and learn social skills through play while making friends and having a blast! A 10- week group condensed into an intensive week of social skills immersion. July 22-26th from 12:30-3:30pm.

## **YOGA AND MINDFULNESS CAMP**

This week-long camp for tweens, will introduce yoga postures, meditation, and mindfulness skills while having fun and making friends. Perfect coping skills to start the school year! July 29-Aug 2nd from 12:30-3:30pm

## **MIDDLE SCHOOL READINESS CAMP**

Calling all middle schoolers! It doesn't matter if you are just starting middle school or have been there for a while, this camp will help prepare for the transition and add to your tools for success. Planners, schedules, note taking, OH MY! July 29-Aug 2nd from 9:00am-12:00pm.

**CAMPS AND GROUPS FILL  
QUICKLY, FIRST- COME  
FIRST- SERVED! EMAIL OR  
CALL TODAY!**

**ONCE A GROUP OR CAMP FILLS,  
A NONREFUNDABLE DEPOSIT  
WILL BE REQUIRED TO HOLD  
YOUR SPACE.**

**ALL GROUPS AND CAMPS  
WILL BE HELD AT OUR  
LUTZ OFFICE, 17838 N US  
HWY 41**

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