



## **Back to School Mindfulness Camp: Reconnecting with Yourself and Others**



*Does your child or adolescent struggle with transitions? Stress management? Anxiety? In this one week group therapy themed camp, children, "tweens", and teens will engage in fun and relaxing mindfulness based activities to strengthen awareness of their emotions, thoughts, and physical sensations. Through Mindfulness Based Stress Reduction Therapy (MBSR-T), your child or adolescent will access their individual strengths and utilize their five senses to acquire new skills and techniques to help keep them grounded and centered as they transition back to school. The week will incorporate elements from psychodrama (play and improvisational theater), art therapy, wilderness therapy, yoga, and culinary components.*

**Date:**

August 27th- August 31st

**Daily Time:**

10am-1:30pm

**Cost:**

\$385 + \$20 Materials Fee

\*May be insurance reimbursable