



Kids Can Shine Social Skills and Mindfulness Camp:

Details and Registration Information:

- Where:** Kids Can Shine Therapy Clinic, Elora
- When:** July 22-26, 2024; 12-3 pm
- Group Size:** 4-6 attendees
- Ages:** 7-10 years old
- Therapy Support:** 15 therapy hours of support, run by Occupational Therapist

This will be an interactive afternoon camp for 5 days during summer break. We will be targeting skills such as:

- Social Skills
- Etiquette (navigating different environments and people)
- Dealing with expectations and routines
- Keeping "cool" in difficult situations
- How to ask for help when things are tough
- Mindfulness and positive affirmations
- Establishing positive friendships and navigating difficult situations

There will also be special guests during the week, who will help to teach and demonstrate tools for mindfulness and managing anxious situations.

Registration Deadline: April 1, 2024

To register please contact: Donna at (519) 820-4113 or donna@kidscanshine.com

Certificate of Attendance will be provided to all attendees!