

Kids/Teens Summer Camps 2023

Kids Conquering Anxiety: 2nd-4th grade **June 12th-16th 9AM-10:30AM**

This group is for kids who struggle with anxious feelings and thoughts. The good news is that they are not alone and there are numerous hands-on, practical, creative ways to help them combat these thoughts and emotions in healthy ways!



Building Up: Battling Big Emotions: K- 4th grade **June 12th- 16th 11AM-12:30PM**

An exciting, unique experience of creativity mixed with learning for kids utilizing Interlocking bricks! They will learn healthy ways to expression emotions, coping strategies and build confidence. Blending the creativity of interlocking bricks with various physical, social and emotional learning activities provides a great atmosphere for kids to learn while they create!

Resilient Teens Middle School Group: 5th-8th grade **June 19th- 23rd 10AM-11:30AM**

This group will equip students with education on how their brains and bodies are wired to process stress, positive coping techniques and how to implement them, healthier outlooks and application of strengths to daily challenges, strategies to maintain healthy friendships, establish social media boundaries and live with resiliency!

Cost for each group: \$120
Groups held at Cornerstone of
Hope Lima

Registration: Online at
[Cornerstoneofhopelima.org](https://cornerstoneofhopelima.org)
"Summer Camps"