CHILDREN'S RESOURCE CENTER

SUMMER COPING CAMP 2020

During this time of uncertainty, many youths are struggling to understand and cope with the changes in routine, relationships and structure. The unpredictability has also contributed to feelings of loss of safety for many.

Summer Coping Camp will help youth learn strategies to cope during this time of change and uncertainty. Participants will learn communication, stress management and relationship skills to help them during the current pandemic and help them to get prepared to return to school in the fall.

Age Groups:

- ***Grades 1st - 5th***
- ***Grades 6th - 8th***

Groups will be based in the concepts of **SELF** (Safety, Emotions, Loss and Future):

- **S**afety: Personal and emotional health
- **E**motions: Feeling identification, coping skills
- **L**oss: Support and coping with a focus on how home, school and the community has changed
- **F**uture: Creating a successful future including being successful in school

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GROUPS WILL START THROUGH TELEHEALTH WITH THE POSSIBILITY OF TRANSITIONING TO IN PERSON AS MORE INFORMATION AND SAFETY MEASURES ARE AVAILABLE.

For more information or to schedule an intake assessment, please contact Janet Brumbaugh at 419-352-7588.