



Summer Program Descriptions 2015

One Industrial Way, Unit 4, Tyngsboro, MA 01879

Monday	Tuesday	Wednesday	Thursday	Friday
Social Group June 29 – August 3 Coach: Nadine Briggs Ages 5-7: 3:00 - 4:30 Ages 8-11: 4:45 - 6:15 Ages 12-17: 6:30 - 8:00 6 Weeks \$295	Social Group June 30 – Aug 4 Coach: Nadine Briggs Ages 5-9: 3:00 – 4:30 Ages: Girls 10-12: 4:45 - 6:15 Ages 12-17: 6:30 – 8:00 6 Weeks \$295 Minecraft Group Coach: Norah Lasorsa Ages 8+: 10:00 – 12:00 6 Weeks \$150	Social Group July 15 - August 19 Coach: Norah Lasorsa Ages 5-7: 3:00 – 4:30 Ages 8-11: 4:45 - 6:15 Ages 12-17: 6:30 – 8:00 6 Weeks \$295 Coping & Calming Club Coach: Norah Lasorsa Ages 10+:9:30 – 11:30 6 Weeks \$380 Personal Power & Kindness Club Coach: Norah Lasorsa Ages 10+: 12:00 – 2:00 6 Weeks \$380	Social Group July 16 - August 20 Coach: Norah Lasorsa Ages 8-11: 5:00* – 6:30 6 Weeks \$295 Minecraft Group Coach: Norah Lasorsa Ages 8+: 10:00 – 12:00 6 Weeks \$150	Social Group July 17 - August 21 Coach: Norah Lasorsa Ages 5-7: 4:00* – 5:30 Ages 8-11: 5:45 – 7:15 6 Weeks \$295 Personal Power & Kindness Club Coach: Norah Lasorsa Ages 10+: 9:30 – 11:30 6 Weeks \$380 Coping & Calming Club Coach: Norah Lasorsa Ages 10+: 12:00 – 2:00 6 Weeks \$380

New families also pay a \$50 non-refundable registration fee

*later start for working families

Sign up for both Coping & Calming AND Personal Power & Kindness Clubs! Send your child with a bag lunch and enjoy a 25% savings! Both programs \$570!

Do you have questions about any of these programs? Let's chat!

Nadine Briggs, Simply Social Kids

978-764-2758 - nbriggs@simplysocialkids.com

Coping & Calming Club:

In the Coping & Calming Club, kids will learn:

Coping Skills - kids will learn to understand what causes anxiety, how it manifests in thoughts, feelings and behavior and they will learn powerful strategies to manage stress.

Mindfulness - Kids will begin to understand how to calm their minds and bodies by learning mindfulness techniques.

Personal Power & Kindness Club:

In the Personal Power & Kindness Club, kids will learn:

Personal Power - their choices make them powerful. They will examine feelings and how to manage very strong feelings while gauging their reactions to situations.

Stick Up for Themselves - kids will learn how to stick up for themselves in a productive, friendly manner. They will be given language to use in such situations and practice through role playing.

Random Acts of Kindness - practicing random acts of kindness is an excellent way to promote self-esteem. In the club, kids will have weekly kindness tasks.

Minecraft Club:

Kids will need to have a Minecraft account and bring their own laptop or tablet with power cables.

Spring Program Descriptions 2015

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Friday Fun Clubs: Ages 10+

Time: 5:30 - 7:30

Cost: 6 Weeks \$380

Personal Power & Kindness Club

6 Weeks (5/15, 5/22, 6/5, 6/12, 6/19, 6/26)

In the Personal Power & Kindness Club, kids will learn:

Personal Power - their choices make them powerful. They will examine feelings and how to manage very strong feelings while gauging their reactions to situations.

Stick Up for Themselves - kids will learn how to stick up for themselves in a productive, friendly manner. They will be given language to use in such situations and practice through role playing.

Random Acts of Kindness - practicing random acts of kindness is an excellent way to promote self-esteem. In the club, kids will have weekly kindness tasks.

Awesome Night: Art & Talent Show

When: Friday, MAY 1ST

Time: 7:30 – 9:00 PM

Admission: \$5

Let's celebrate artistic and musical "awesomeness"! Awesome ideas:

Play an instrument, sing, karate, show off your pet, tell jokes (clean ones only please!)

Anything that displays your inner awesome...

Awesome submissions due April 29th. Acts will be accepted on a first come basis and space is limited.

Acts may not contain profanity.

To register, contact Nadine for more information at nbriggs@simplysocialkids.com

978-764-2758

Open House

When: May 2nd

Time: 2:00 – 4:00

Come learn about our social skills programs. A short slide show will begin at 2:15. Kids are welcome.

Coming in May/June: Details to be announced on Facebook, Twitter, Linked In and our newsletter

Sibshops May 9, 16, and 30 and June 6 from 3:30 – 5:00

Internet Safety with Federal Marshal, Mark Lewis

