



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.