

Why You Should Choose Us?

With more than 20 years of experience teaching and guiding children and families, we provide an experience that supports the growth of the child as well as the family.

We believe that strengthening the family's understanding and approach to Social-emotional learning can help shift our children's thinking and behavior.

About our HHB program


The Growth Center I, Inc. Happy Healthy Brain Summer Academy creates an atmosphere that engages children in fun experiences as they learn:

- Self -Awareness
- Self Management
- Social Awareness
- Relationship Skills
- Responsible-Decision making



Get In Touch

 cab@thegrowthcenter916.com

 916-800-6293

 1017 L Street, 443
Sacramento, CA

**REGISTER STARTS
MARCH 16, 2024**

thegrowthcenter916.com



Our Fun Activity

Our summer program offers children a great balance between exploring, discovering, making new friends and social emotional learning.

 **THE GROWTH CENTER I, INC.**
A 501C3 NON-PROFIT ORGANIZATION

Happy Healthy Brain Summer Academy

June 17-21 8:30 am-1:30 pm Sacramento , CA

July 8-12: 8:30 am-1:30 pm Folsom , CA

Grades: 3-6

Registration Opens:
March 16-April 5, 2024
www.thegrowthcenter916.com



Our Program Director CLARA BROWN

- Passionate about developing our children, youth, parents, family, and community
- Youth Mental Health First Aid Instructor
- 20 years of experience as a school counselor, instructor, life coach, mental wellness, preventive, and restorative educational advocate
- 20 years developing and advocating for mental health, SEL, prevention, access, college and career readiness programs for children, youth, teachers, parents, and adults.
- Chief Executive Officer, The Growth Center I, Inc.

Our Partners

CHRIS AND MAYUMI REESE
OWNERS, IMPACT NUTRITION

Our Activities

- *Fitness*
- *ART*
- *Dance*
- *Crafts*
- *Journaling*
- *Creativity*
- *Fun*

Children engage in mindful thinking exercises that build their capacity to develop the essential skills to manage emotions, understand social situations, and nurture friendships that grow Happy, Healthy, Brain patterns.



THE GROWTH CENTER I, INC.

A MENTAL WELLNESS INITIATIVE
FOR CHILDREN & YOUTH

Happy Healthy Brain

Summer Academy 2024

