

Student

Can't-Do vs. Can-Do

No one understands me.
Someone will find my potential.
I've never done it before.
I have the opportunity to be first.
It will never work.
I'll give it a try.
It can't be done.
It'll be a challenge.
I'm not worth the effort.
I'm thankful for the help.
It's a waste of time.
Think of the possibilities.
I can't.
I CAN!

Parent

Can't-Do vs. Can-Do

We've already tried everything.
We'll try it one more time.
My child doesn't communicate.
Let's open new channels.
There's not enough time.
We'll re-evaluate some priorities.
I don't have any ideas how to help my child.
I'll invest time and energy in training.
Let somebody else deal with it.
I'm ready to learn something new.
It's too radical an approach.
Let's take a chance - my child is worth it.
There's no way it will work.
I'm willing to try.
It doesn't fit us.
We should look at it.
It's contrary to "expert" opinion.
Perhaps my child is the expert.
It's a waste of money.
The investment will be worth it.
My child can't.
He/She CAN!

Optimal Rhythms' CAN-DO CAMP [HOME EDITION]

is unique in that it provides a summer day camp experience for students with complex communication and neuro-behavioral challenges
AND
embedded training and coaching for parents and/or caregivers in the home.



It is the desire of Optimal Rhythms to do our best to ensure the health and safety of our campers, their families, and our dedicated staff during this global pandemic. Careful precautionary attention is being given to all aspects of this popular camp.

Creating Optimal Rhythms for Life,
Learning, Communication, and
Independence.

**Optimal Rhythms, Inc. is a 501(c)3
tax exempt organization.**

SUMMER 2021

SPACE IS LIMITED. APPLY TODAY



OPTIMAL RHYTHMS PRESENTS

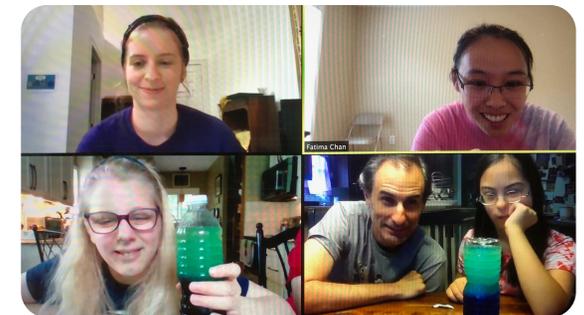
CAN-DO CAMP [HOME EDITION]

A Virtual Family Summer Camp for Families of Children and Young Adults with Complex Communication and Regulation Challenges.

Believe that your child knows more than they can communicate?

Feel that your child is struggling to control their impulses? Wish you could learn new skills to help your child increase purposeful movement, regulation, and self-confidence? Want to know your child better?

THIS CAMP IS FOR YOU!



"What a blessing it is to watch my child be accepted! These staff are great and trained to embrace diversity." - Camp Parent



Optimal Rhythms | ACCESS Academy

WEEK 1: June 7-9

Move Your Body Week

"We like to... Move It!" Campers will practice overcoming motor and movement challenges to make their body stop, start, and sustain for improved success at home and school.

WEEK 2: June 14-16

Engage Your Brain Week

Through engagement in exciting academic games and fun brain challenges, campers will have the opportunity to demonstrate their true abilities!

WEEK 3: June 21-23

Express Yourself Week

Who are you? What are your strengths? Campers will display their gifts and tell their stories through art, music, technology, and further self-discovery.



WEEK 4: June 28-30

Inspiration Week

Support your camper to overcome misconceptions, labels, and self-doubt. Campers will learn health coping strategies and be inspired through visits by successful self-advocates.

WEEK 5: July 12-14

Connecting Families Week

Campers will share ideas and strengths with family members and all will learn to appreciate each other. Join us to create a deeper Family Bond!

WEEK 6: July 19-21

Challenge Your Body Week

Experience fitness and fun - come to discover all that your body "Can-Do"! Campers will break down their motor loops, practice purposeful movement, and overcome fears with support.

CAN-DO CAMP



Requirements for Participation:

- Family must complete camp registration and sign releases
- Reliable high speed internet
- Desktop or laptop computer
- Family must be free of illness
- Parent/caregiver participation and support

"The CAN-Do Camp will forever be close to my heart because it was at this camp where I began to understand that it's not about 'delays' and 'disabilities'. Instead, I learned what my son CAN do!" - *Camp Parent*

Camp families will:

- Attend CAN-Do Camp from their HOME via Zoom
- Be paired with a highly trained in-home or virtual camp coach
- Be paired with a board-certified music therapist who will provide individualized therapeutic supports
- Participate in carefully designed and accessible camp activities
- Learn and practice support skills that will increase engagement
- Create memories to last a lifetime!

REGISTER NOW

[HTTPS://FORMS.GLE/9WSKSDEFCQAPBFYH7](https://forms.gle/9WSKSDEFCQAPBFYH7)