

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!

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**

CAN-Do Camp 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 home caregivers.



It is the desire of Optimal Rhythms to do our best to ensure the health and safety of our vulnerable campers, their families and our dedicated staff.

CAN-Do Camp [Home Edition] allows us to share valuable training with family caregivers while carrying out all other aspects of this fun and popular camp.



CAN-DO CAMP [HOME EDITION] 2023

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

Optimal Rhythms, Inc. is a 501(c)3 tax exempt organization.
www.optimalrhythms.org

CAN-DO CAMP WEEKS

MIND-BODY CONNECTION WEEK JUNE 5-7

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.

CREATIVITY FOR CHANGE WEEK JUNE 19-21

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



BRAIN ZONE WEEK JUNE 26-28

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

CONNECTING HEARTS WEEK JULY 17-19

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!

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

CAN-DO 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 with peers in carefully designed and accessible themed camp activities
- Learn and practice support skills that will increase engagement
- HAVE FUN and create memories to last a lifetime!

PRICING

Activity Fee - \$35 due at registration (Non-refundable)
Camp Cost - \$1250/week* (due 7 days prior to camp week)

EARLY BIRD SPECIAL

Register by April 21st and receive a free Sensory Engagement Kit to the first 20 enrollments!

Call (812) 490-9401 or email admin@optimalrhythms.org for information.
*IN Medicaid Waiver funding options available

REGISTER NOW!

Visit www.omella.com/candocamp
or scan the QR code to fill out the registration form



REGISTER
TODAY!

SPOTS
FILLING
FAST!